Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

TORONTO metro®

$3,000,000 estimated
LOTTO 649
Wednesday's Jackpot
NEWS WORTH SHARING.

TOMB RAIDER REBOOT: BOOM OR BUST?

LARA CROFT GETS A WHOLE NEW LOOK, WITH A MORE ATHLETIC PHYSIQUE — AND SMALLER BRA SIZE

PAGE 19

Thomson deals another blow

The woman who accused Rob Ford of groping her at a party has Googled cocaine symptoms and without proof is speculating about the mayor's sobriety PAGE 3

Taxman goes after Lord Black

Conrad Black is locking horns with the Canada Revenue Agency over taxes filed in 2002. His lawyers say he was a U.K. resident and should not have to pay up PAGE 8

Reimer can do better

Maple Leafs goalie admits he didn't bring his 'A' game against the Pittsburgh Penguins but hopes he'll bounce back on Tuesday PAGE 36

Teacher to run choir despite union stance

Richmond Hill. Elementary school teacher publicly bucks ETFO's withdrawal of extracurricular activities

There will be choir.

In an open letter to Elementary Teachers' Federation of Ontario York Region president David Clegg, a Richmond Hill teacher wrote that she has "had enough" with union pressure to withdraw voluntary activities.

"You cannot compel me or any other member to withdraw from voluntary activities. I will attend monthly staff meetings. I will run my choir. I will plan field trips. I will attend meetings outside the instructional day, if I so choose. And I will not allow you or other executive officers to diminish or dismiss me," reads the letter written by Walter Scott Public School teacher Susan Beattie in the Richmond Hill Liberal newspaper.

Beattie teaches Grade 1 and plans to resume choir practice soon. She's been a teacher for 20 years and was a union steward for a few years until she resigned earlier this year. She notes she doesn't speak on behalf of her school — and that not everyone agrees with her position. But she wants to make clear that "unless we're in a legal strike position, teachers have a choice."

This school year has been marked by unrest, with both the ETFO and the Ontario Secondary School Teachers' Federation withholding voluntary services, such as after-school sports and clubs, to protest the Liberal government's imposition of a two-year contract.

"I don't think people fully appreciate the depth of genuine animosity that teachers have right now towards the position they've been put in," Clegg said.

But Beattie thinks the union has made its point. "Other unions have moved forward.... They've accepted the goodwill of the government. People can continue to withdraw voluntary activities if they wish; that's everybody's choice," she said.

Narrative dissonance

"The message out there in the media from our union is that the membership is totally behind this decision.... Nobody's asked us."

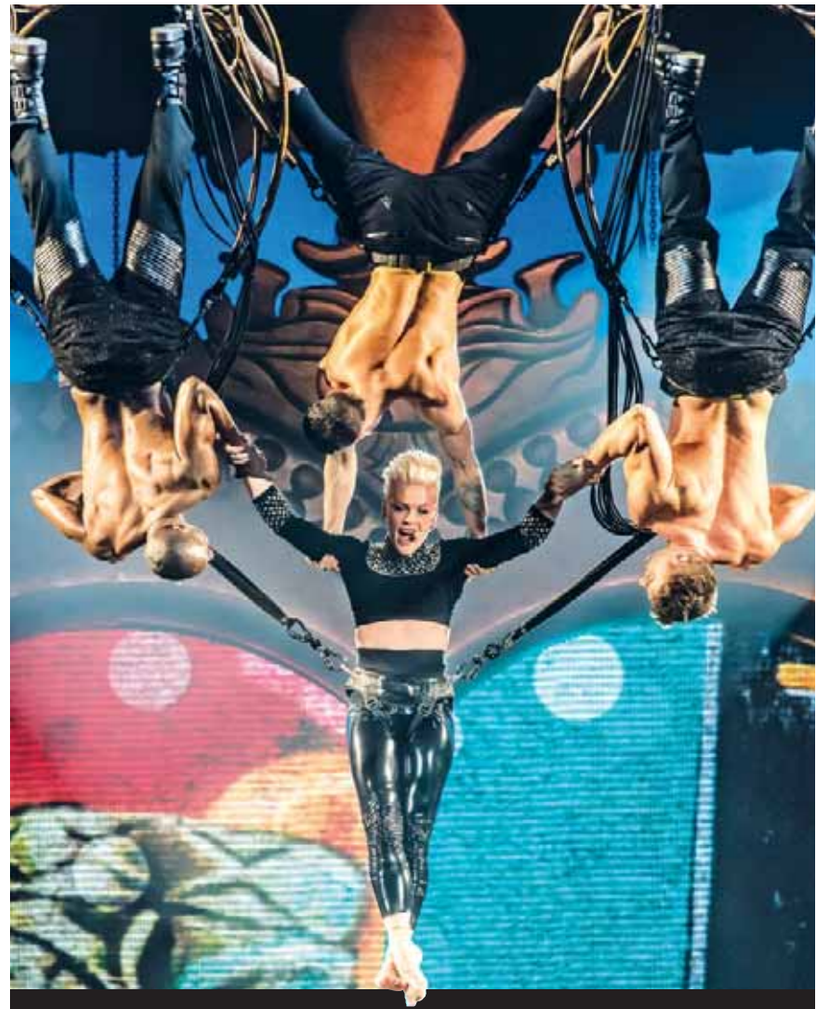
Teacher Susan Beattie on withdrawing activities

In late February, high school teachers ended their boycott, a goodwill gesture inspired by positive talks with the province. The elementary school teachers have not resumed volunteer activities.

Clegg previously told Torstar News Service that the union's stance hadn't changed because the province offered "no substantive or concrete agreement on outstanding issues."

Beattie says that at Walter Scott, staff are confused about what they are allowed to do, and even if they want to start activities there is a "huge amount of pressure" from colleagues to withdraw.

Voicemail and email messages left with Clegg were not returned. A spokesperson for ETFO said there are no punitive measures taken against teachers who resume extracurriculars. **TORSTAR NEWS SERVICE**



PINK STILL HANGIN' TOUGH

Alecia Beth Moore, better known as singer-songwriter Pink, held sway at the ACC Monday as she lay down a wave of smash hits to adoring fans. Truth About Love, the pop princess's first tour in four years, was a greatest-hits package, with the usual crowd-pleasing combination of acrobatics and theatrics, as seen here. She totally owned the stage. TOM PANDI/FOR METRO

MID-SEASON SALE.
ITEMS FROM $7*
Hurry in store to find amazing fashions for women, men, teens and kids.
H&M
*OFFER APPLIES TO SELECTED MERCHANDISE FOR A LIMITED TIME AT H&M STORES IN CANADA. THE OFFER IS NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR PREVIOUSLY PURCHASED MERCHANDISE. ITEM SHOWN IS NOT INCLUDED IN THE OFFER. AVAILABILITY MAY VARY BY STORE. VISIT WWW.HM.COM FOR STORE LOCATIONS. TERMS AND CONDITIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Thomson speculates on drug use by Mayor Ford

Google search. War of words with mayor turns uglier with the word 'cocaine'

The war of words between Mayor Rob Ford and former mayoral candidate Sarah Thomson took another ugly turn Monday.

Thomson speculated Ford may have been on cocaine when the mayor allegedly grabbed her buttocks and made a suggestive remark at a party held by a Jewish political group last Thursday.

Thomson said she had no proof of drug use and made the allegation based on a Google search.

"I looked up (Ford's) symptoms and it looked like it was cocaine use. It could have been anything like that. I'm not sure what it is," Thomson said Monday on Toronto radio station KiSS 92.5. "I don't have actual proof, it's just based on the symptoms," Thomson said.

"And the symptoms I've read on cocaine seem to fit." She said Ford had been behaving in an "erratic" manner and that her Internet search also suggested his behaviour could be attributable to diabetes.

Ford refused to comment on Thomson's allegations as he left his office Monday, accompanied by his two young children. "I've said what I have to say. I don't have any further comment. Thank you very much," he told reporters.

On Friday, Ford, in a statement, called Thomson's original claim absolutely, completely false."

On Sunday, on Newstalk 1010 radio, he fired back at Thomson's original allegations. Ford said Thomson, a transit advocate and publisher of the Women's Post, wasn't "playing with a full deck."

Thomson claimed Ford grabbed her buttocks at a party last Thursday and told her she should have joined him on his recent Florida trip because his wife was absent.

Thomson made the claim through a post on her Facebook page. TORSTAR NEWS SERVICE

Quoted

"I don't have actual proof, it's just based on the symptoms. And the symptoms I've read on cocaine seem to fit."

Former mayoral candidate Sarah Thomson

Sarah Thomson holds a media scrum at Bathurst and Bloor streets Monday after making further substance abuse allegations against Mayor Rob Ford. She's suggested the mayor was using cocaine the night she claims he grabbed her buttocks, but provided no evidence. JEFF GREEN/TORSTAR NEWS SERVICE

Behind-the-scenes debate

Casino vote delayed until at least late April

The city council vote on whether to welcome a casino to downtown Toronto is delayed amid behind-the-scenes debate over whether council should hold a separate, later vote on the resort's location, sources say.

City spokesperson Jackie DeSouza said that a delay in completing a staff report on the casino question means it won't go to Mayor Rob Ford's executive committee next week, or to council at its April 3-4 meeting. Ford could call a special council meeting later in April for the casino vote, or wait until the next scheduled meeting, May 7-8. TORSTAR NEWS SERVICE

'Political decision'

Tory MPP calls gas plant cancellations a huge 'coverup'

Decrying the "largest single coverup in Ontario's political history," Progressive Conservative MPP Rob Leone says taxpayers are still in the dark over the Liberals' gas-plant fiasco.

Leone gathered reporters Monday in the Tory caucus room to pose for the cameras in front of the 56,000 pages of internal documents so far released into the cancellation of the Mississauga and Oakville facilities.

Premier Kathleen Wynne has admitted that scrapping the Mississauga plant during the October 2011 election campaign was a political decision." TORSTAR NEWS SERVICE

Alleged sexual assault

Toronto man faces 15 charges

Toronto police say they believe more allegations could emerge against a man accused of sexually assaulting a 14-year-old girl. Police arrested Mark Jenssen Saludares, 27, on Feb. 26 and laid 15 charges against him. THE CANADIAN PRESS

Get a Fresh Financial Start
Get Out of Debt - Without Bankruptcy - Without Loans
CALL THE Licensed Debt Professionals™ FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar
C.A., CIRP, Trustee

Will Toronto follow others' lead with incineration solution?

Burning issue.
Waste manager wants to determine the future of our city's trash

There is a burning question facing municipalities across the province: What do we do with our garbage when the landfill is full?

Across much of the GTA, the answer — for now — seems to be energy-from-waste plants, the modern, cleaner face of incineration.

Peel Region is about to put out calls for another incinerator to be built in Brampton.

The Clarington incinerator being built by York and Durham regions is now a steel skeleton on the edge of Lake Ontario, on track to open for testing next spring or summer.

Farther east, Ottawa has signed a deal with Plasco Energy Group to use "plasma gasification" technology to convert waste to gas using high temperatures and electrical energy — a system still in its infancy for use in municipal waste systems.

Quoted

"There's the people who want to save the land and the watershed, and the people who want to save the airshed.... I have to deal with garbage, recycling and organics, so I have to do something.... It has to go somewhere."

Jim Harnum, manager, Toronto's waste-management division

For these municipalities, energy from waste is a way of slipping a fourth "R," recovery, after the traditional three — reduce, reuse, recycle — and before the dreaded landfill.

And while the municipalities outside Toronto move toward burning more of their waste, Toronto plans to continue trucking its leftover garbage to a relatively new landfill near London. At least for now.

At current rates of use, the landfill will last 16 years.

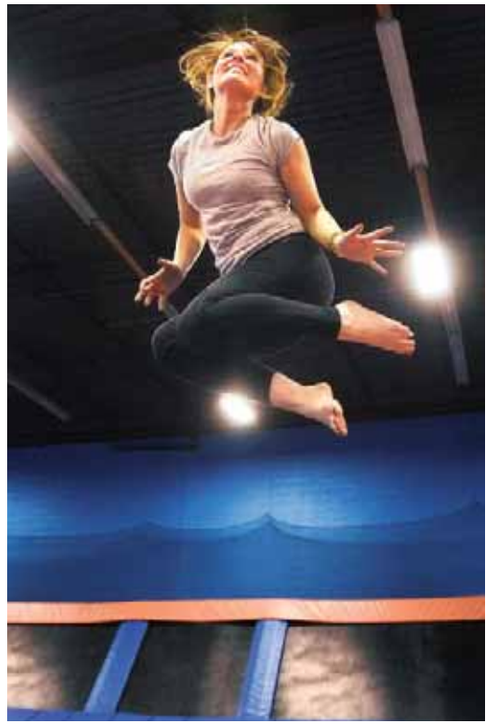
But what happens after that? Securing landfills or building incinerators takes time and resources. Municipalities must plan years ahead.

It's unclear to what degree Torontonians would support an incinerator solution. A 2006 Torstar News Service-Decima Research poll showed a near-even divide, with 51 per cent of Torontonians in favour.

But there's no doubt the issue will return.

On March 19, Toronto's waste-management division manager, Jim Harnum, will seek city council's permission to launch a comprehensive look into a long-term waste strategy for all of the city's post-recycling waste.

Every option will be on the table. TORSTAR NEWS SERVICE



Why run when you can fly?

Torstar News Service writer Victoria Ptashnick tries out a personal fitness session at the Sky Zone Indoor Trampoline Park near Laird and Eglinton. Trampolining in Toronto is surging in popularity, and even trampoline fitness classes are filling up. Sky Zone features an all-trampoline, walled playing court, billed as "the ultimate 3-D Play Experience." RICHARD LAUTENS/TORSTAR NEWS SERVICE

Health

Kids at risk from magnets: Doctors

Doctors are seeing a growing number of children who have swallowed super-strong magnets, which can adhere together inside the body and cause life-threatening gastrointestinal problems.

These spherical-shaped neodymium-iron-boron magnets are 10 to 20 times more powerful than traditional ferrite magnets and can be stuck together to make such novelty items as adult desktop toys and jewelry.

THE CANADIAN PRESS

Crime

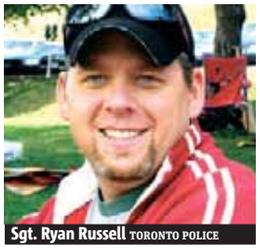
Charges follow Oshawa brawl

Police say a fight involving about 20 people outside an Oshawa home Sunday has resulted in injuries and charges. Investigators say a disagreement inside the home had spilled out into the street.

Dylan Blair, 18, of Toronto is charged with assault with a weapon and possessing a weapon dangerous to public peace.

THE CANADIAN PRESS

Man aboard snowplow didn't intend to kill cop, court hears



Sgt. Ryan Russell TORONTO POLICE

The man who stole a snowplow and went on a rampage, killing a Toronto police sergeant, told a forensic psychiatrist he didn't mean to do it.

Richard Kachkar told Dr. John Bradford he heard voices telling him to steal the snowplow, parked outside a doughnut shop, and as he drove the city streets he could remember someone chasing him, his trial heard Monday.

"'I didn't know where I was. I wanted to call police,'" Bradford quoted Kachkar telling him.

Kachkar, 46, has pleaded not guilty in Ontario Superior Court to first-degree murder and dangerous driving.

There is no dispute he drove the plow along city streets early on Jan. 12, 2011, for almost two hours, smashing into cars and injuring people, finally killing Sgt. Ryan Russell on Avenue Road.

The only question is whether he knew what he was doing was wrong.

Bradford is the third psychiatrist called by the defence to say Kachkar was psychotic at the time.

Russell followed the snowplow, which did a U-turn and headed for his cruiser, court has heard. The sergeant exited his car and fired at Kachkar, who continued toward him, striking his head and killing him.

"He says he does not remember hitting the police (officer)," Bradford told defence lawyer Bob Richardson. He said he tried to avoid Russell, the psychiatrist added.

The spotty memory Kachkar claims of the incident is typical of schizophrenics like him who were in a psychotic state during a criminal incident, Bradford said.

The trial continues Tuesday. TORSTAR NEWS SERVICE

AIR CANADA LOWEST PRICE GUARANTEE ALWAYS AT aircanada.com

STOP SEARCHING FAR AND WIDE.
For the lowest Air Canada prices, go directly to aircanada.com

PUT IT TO THE TEST.
If you find a lower Air Canada price within 24 hours, we'll offer you a credit of $50 plus the price difference.

IT'S THE AIR CANADA PROMISE TO YOU.
You'll always find our lowest prices at aircanada.com

Book now. aircanada.com

The Air Canada Lowest Price Guarantee is also available for bookings done by travel agents on aircanada.com/agents

Here's our promise: If, within 24 hours of completing a purchase on aircanada.com, you find a lower Air Canada price for the exact same Air Canada flight, Air Canada Express™ flight (operated by Jazz Aviation LP, Sky Regional Airlines Inc., Exploits Valley Air Services Ltd. or Air Georgian) or Air Canada rouge flight from Canada that's at least $5 less, Air Canada will offer you a credit of $50 plus the price difference, per passenger. Prices not generally available to the public and codeshare flights are excluded. Other conditions apply. For complete details, visit aircanada.com/guarantee. ™Air Canada Express is a trademark of Air Canada.

Wynne in no hurry to set byelection dates

Premier Kathleen Wynne is on a byelection tour of southwestern Ontario to kick off March break, but she isn't in a rush to pull the trigger on races to replace retired cabinet ministers in Windsor and London.

"We don't have a firm date," Wynne said at a campaign-style stop in Windsor on Monday, where former finance minister Dwight Duncan stepped down as the MPP for Windsor-Tecumseh last month.

She called Windsor "the best-kept secret in the province."

Wynne heads to London on Tuesday, where the riding of London West has been vacant since beleaguered former energy minister Chris Bentley resigned on Feb. 14. NDP Leader Andrea Horwath also stops in London Tuesday.

The Liberals aren't ready in Windsor because the party doesn't have a candidate now that Sandra Pupatello, the popular former Windsor West MPP who placed second to Wynne in the party's leadership race in January, has declined to return to politics.

"I don't even think the riding association knows exactly who is going to put their names forward," Wynne told reporters.

While Wynne has until mid-August to call the two byelections, Queen's Park insiders aren't expecting any sudden moves with her minority Liberal government waiting to see if its spring budget passes, which would avert a provincial election.

TORSTAR NEWS SERVICE

Ontario Premier Kathleen Wynne, centre, and Guelph MPP and Education Minister Liz Sandals, right, meet some of the real stars of Grand River Raceway during an announcement at the Elora facility Friday. Wynne has until mid-August to call byelections in Windsor and London. TORSTAR NEWS SERVICE

Limited time offer!

Shrink your mortgage.

Join thousands of Canadians who are saving thousands on their mortgages.

The 5-year fixed low-rate mortgage, only from BMO®.
With an amortization of 25 years or less, you'll pay off your mortgage sooner.

Visit a branch today, or have one of our mobile Mortgage Specialists come to you.

bmo.com/lowratemortgage

2.99% APR[1]

Until March 28, 2013.

/BMOcommunity @BMO

BMO Bank of Montreal

Making money make sense®

[1]The Annual Percentage Rate (APR) for the 5-year low-rate fixed closed mortgage is 2.99%. APR assumes no fee(s) apply. If we require you to obtain an appraisal, the appraisal fee would increase your APR. Funds must be advanced within 90 days from the date of application. Offer may be changed, withdrawn or extended at any time without notice. Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. This offer is not available for Homeowner ReadiLine®. ®Registered trade-marks of Bank of Montreal.

Ontario's auditor general Jim McCarter RENE JOHNSTON/TORSTAR NEWS SERVICE

Drive to lower insurance rates stalls

Ontario's auditor general says the province's auto insurance industry watchdog has some explaining to do.

Jim McCarter told Torstar News Service Monday his office will do a follow-up audit of the Financial Services Commission of Ontario in June or July to determine what it is doing to protect consumers against high premiums.

"We want to know what Financial Services Commission of Ontario is doing (regarding) overseeing insurance companies," McCarter said, including looking at whether they are "making money hand over foot."

His 2011 annual report noted that motorists in the GTA were paying the highest premiums in the country and recommended that FSCO implement more frequent reviews of the auto insurance industry and increase requests.

"Being suspicious characters, we always want to go in and sniff around," said McCarter, who has previously stated that an overhaul of the formula that decides premiums is "long overdue."

TORSTAR NEWS SERVICE

Overdue report

- The minority Liberal government is still awaiting a report almost a year later from FSCO analyzing auto insurance industry profit. "It should be out soon," said a finance ministry official.

U.S. slaps new sanctions on N. Korea

The Obama administration expressed heightened concern Monday over threats of war from nuclear-armed North Korea and issued new sanctions against the communist nation's primary exchange bank and several senior government officials.

In the last three months, Pyongyang, under its enigmatic young leader Kim Jong-un, has defied the United States and other world powers by testing an intercontinental ballistic missile and testing a third nuclear bomb. Its latest salvo: A declaration carried through state media that it was cancelling the 60-year armistice that maintains peace on the Korean peninsula.

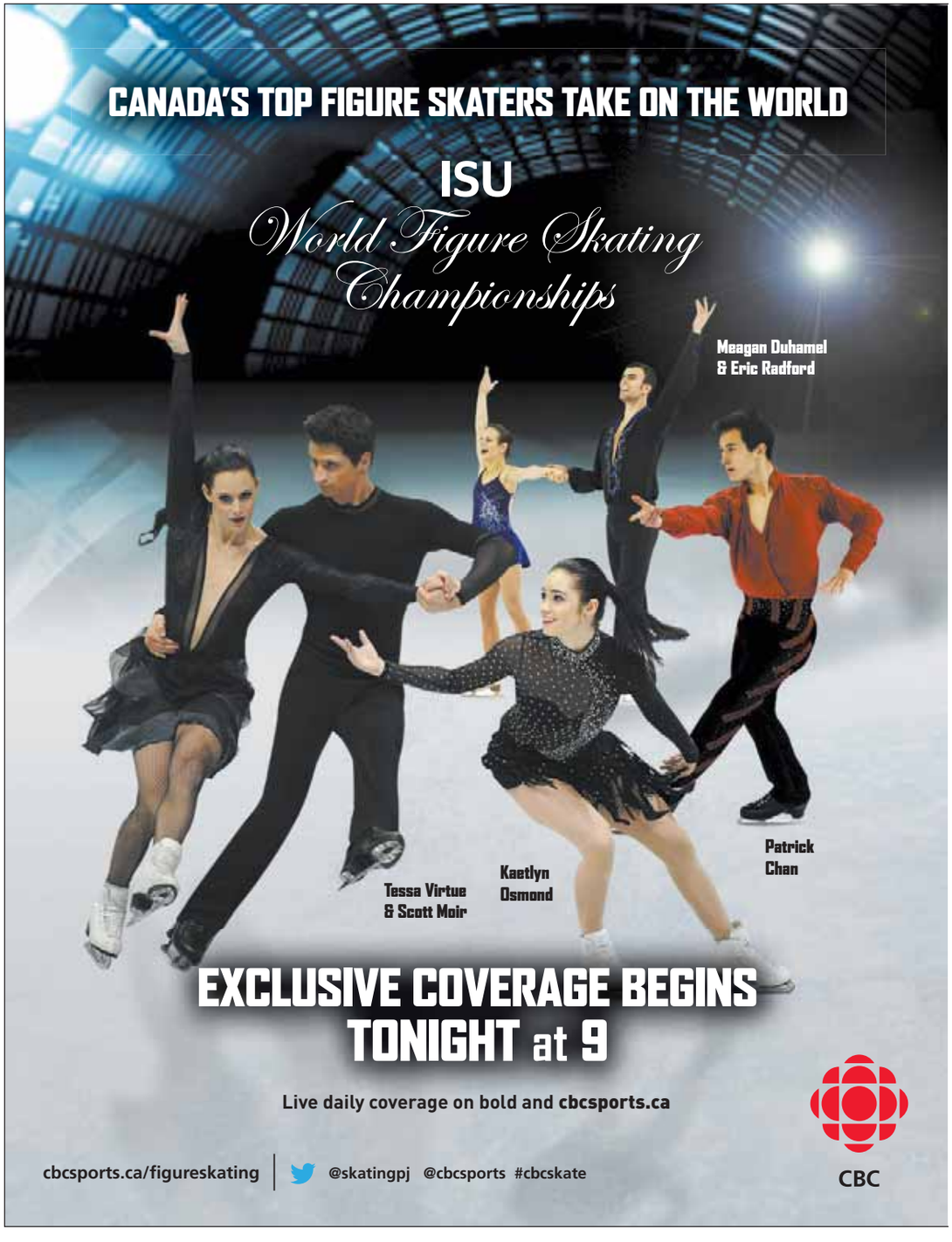
Washington is walking a tight line. It is trying not to overplay the danger from an attention-seeking regime infamous for its bluster, but has to take the North's threats of possible military action seriously. The U.S. also is treaty-bound to provide support for South Korea or Japan in the event of any aggression.

THE ASSOCIATED PRESS

Quoted

"We are certainly concerned by North Korea's bellicose rhetoric. The threats that they have been making follow a pattern designed to raise tension and intimidate others. The DPRK will achieve nothing by threats or provocation."

White House spokesman Jay Carney



Police officers are seen outside St. Peter's Square at the Vatican on Monday. Cardinals gathered for their final day of talks before the conclave to elect the next pope. EMILIO MORENATTI/THE ASSOCIATED PRESS

Doubt reigns in Vatican on eve of vote

Papal conclave. Italian, Brazilian contenders at centre of chatter over who's ahead in race for pontificate

By the numbers

77

The leading names in the papal race require 77 votes for victory in the first few rounds of balloting.

Cardinals enter the Sistine Chapel on Tuesday to elect the next pope amid more upheaval and uncertainty than the Catholic Church has seen in decades: There's no front-runner, no indication how long voting will last and no sense that a single man has what it takes to fix the church's many problems.

On the eve of the vote, cardinals offered wildly different assessments of what they're looking for in a pope and how close they are to a decision. It was evidence that Benedict XVI's surprise resignation has continued to destabilize the church leadership and that his final appeal for unity may go unheeded, at least in the early rounds of voting.

Still, the buzz in the papal stakes swirled around Cardinal Angelo Scola, an Italian seen as favoured by cardinals hoping to shake up the powerful Vatican bureaucracy, and Brazilian Cardinal Odilo Scherer, a favourite of Vatican-based insiders intent on preserving the status quo.

Cardinals held their final closed-door debate Monday over whether the church needs more of a manager to clean up the Vatican's bureaucratic mess or a pastor to inspire the 1.2 billion faithful in times of crisis.

Scola is not from the Italian-centric Vatican bureaucracy called the Curia. That gives him clout with those seeking to reform the nerve centre of the Catholic Church.

Scherer seems to be favoured by Latin Americans and the Curia. He has a solid handle on the Vatican's finances, sitting on the governing commission of the Vatican bank.

Also seen to be in the running is Canadian Cardinal Marc Ouellet, who is well-respected for his job at the Vatican office that vets bishop appointments.

THE ASSOCIATED PRESS

Libya. Cleric condemns women's-rights document

Libya's supreme religious cleric is calling on Muslim nations to reject a United Nations document on women's rights, saying that it counters Islamic law.

Mufti al-Sadiq al-Ghiryani issued a fatwa, or religious edict, against the document set to be signed by nations at the 57th session of the Commission on the Status of Women this month.

The edict issued Monday criticizes the document's references to inheritance, its equating of men and women, and its wording on sexual freedoms.

THE ASSOCIATED PRESS

ROGERS™
authorized dealer

AJAX
Baywood Centre
15 Westney Rd. N
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
14879 Yonge St.
91 First Commerce Dr., Unit 5
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
14 Lisa St., Unit C1
499 Main St. S, Unit 58
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., Unit 118
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit B
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E9B
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
1070 Major Mackenzie Rd. E
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
9200 Bathurst St., Unit 26
TORONTO
421 Dundas St. W, Unit G8
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 1S-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit Z010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
1549 Dundas St. E
3490 North Brock St.
WOODBRIDGE
200 Whitmore Rd.

OFFER ENDS MARCH 18

The incredible iPhone 5 at an incredible price.

GET THE
iPHONE 5 16 GB
$99.99* FOR ONLY
with select 3-yr. FLEXtab™ agreements.

iPhone 5

$45/MO. MARCH PLAN

CANADA'S FASTEST WIRELESS INTERNET – ROGERS LTE[1] beyond 4G

CALL 1 855 450-8534 | CLICK ROGERS.COM/INCREDIBLEIPHONE5 | VISIT YOUR LOCAL ROGERS RETAIL STORE

Available to new and existing customers.

Rogers LTE network available in select cities. See rogers.com/LTE

ROGERS™

Offer available until March 18, 2013 while quantities last and subject to change without notice. Rogers dealers may sell for less. *With new activation or current customer device upgrade on any 3-year Talk, Text and Internet plan having min $45 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time activation fee up to $35 (varies by province) may apply. **1** Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. For full details on the Rogers Smartphone Advantage, visit rogers.com/freedomadvantage. ©2013 Rogers Communications.

Bar public from Magnotta hearing: Lawyers

Accused of murder and dismembering. Counsel says letting public stay may prevent a fair trial

Daran Lin, father of murder victim Jun Lin, leaves court in Montreal on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Lawyers for the man accused of murdering a Chinese student and dismembering his body want the media and public barred from his preliminary hearing.

The evidence presented Monday supporting the motion by lawyers for Luka Rocco Magnotta is subject to a publication ban.

Magnotta's legal team, led by Toronto-based lawyer Luc Leclair, argue the only people who should be allowed to remain in the courtroom are the prosecutors, the judge and a court clerk.

They say it's necessary to guarantee a fair trial.

Magnotta has pleaded not guilty to a charge of first-degree murder in the slaying of Jun Lin last May. The preliminary hearing will determine whether there is enough evidence to send him to trial.

A handful of journalists were able to cram into a high-security room, with as many as 30 people in a spill-over room in another part of the courthouse. Some media members lined up before the crack of dawn to get inside.

Those present at the courthouse included Daran Lin, the victim's father, who travelled from China.

A lawyer representing Lin's parents said he supports the media's fight to keep the hearing open.

Mark Bantey, a lawyer representing several media organizations, said the automatic publication ban that comes with a preliminary hearing "covers all the evidence (and) is more than sufficient to protect the rights of the accused to a fair trial."

Quebec court Judge Lori-Renee Weitzman is expected to rule on the matter Tuesday morning. THE CANADIAN PRESS

Potential evidence

U of O profs try to protect transcript

Two University of Ottawa criminologists who police believe interviewed Luka Magnotta for a study of Montreal sex workers in 2007 are going to court to protect a transcript of the alleged interview from falling into police hands. The Canadian Association of University Teachers is footing the legal bill in place of the school, which has denied responsibility. "The only word for what they're doing is 'disgraceful,'" said John Lowman, a professor of criminology at Simon Fraser University, who has studied threats to confidentiality for the last 15 years. "If you cannot make that guarantee of confidentiality, huge areas of research will be closed down." GRAHAM LANKTREE/METRO IN OTTAWA

Conrad Black denies owing tax on $5 million

Conrad Black is locking horns with the Canada Revenue Agency (CRA) over taxes from 2002 that may see him paying taxes on more than $5 million in income and benefits.

Among the litany of items the CRA is trying to collect on is a $90,000 bill for security at his Toronto home and $1.3 million in benefits from the use of a company airplane.

The agency alleges Black held Canadian residency at this time and must pay taxes, including those applicable to taxable employment benefits such as the private jet. At the time, he filed as a U.K. resident, which his lawyers hold is true.

"It bears noting that from mid-1992 until 2005, Mr. Black was in the same position. He filed his taxes in Canada as a non-resident and paid Canadian tax as a non-resident, and this was not challenged by the CRA," said Adrienne Woodyard, one of Black's attorneys in the case. "Now, the CRA takes a different view for 2002."

In 2007, Black was convicted in an American court of fraud and obstruction of justice, for which he served 37 months in prison.

Black's 2002 taxes

$808K

Adrienne Woodyard, one of Conrad Black's attorneys in the case, said Black "has already reported and paid Canadian tax on $808,000 of income for work that he performed in Canada as a non-resident."

The CRA refused to comment on the current case, citing confidentiality.

The court must now decide the most appropriate state of residence for Black. If the judge rules that he must pay tax as a Canadian resident, Black would be on the hook for taxes on more than $5 million in taxable earnings. If the judge rules otherwise, he'll only be billed for earnings originating in Canada, for which he has already paid.

The motion is scheduled to be heard May 15.

TORSTAR NEWS SERVICE

Colorado

Suspect in theatre shooting may be given truth serum

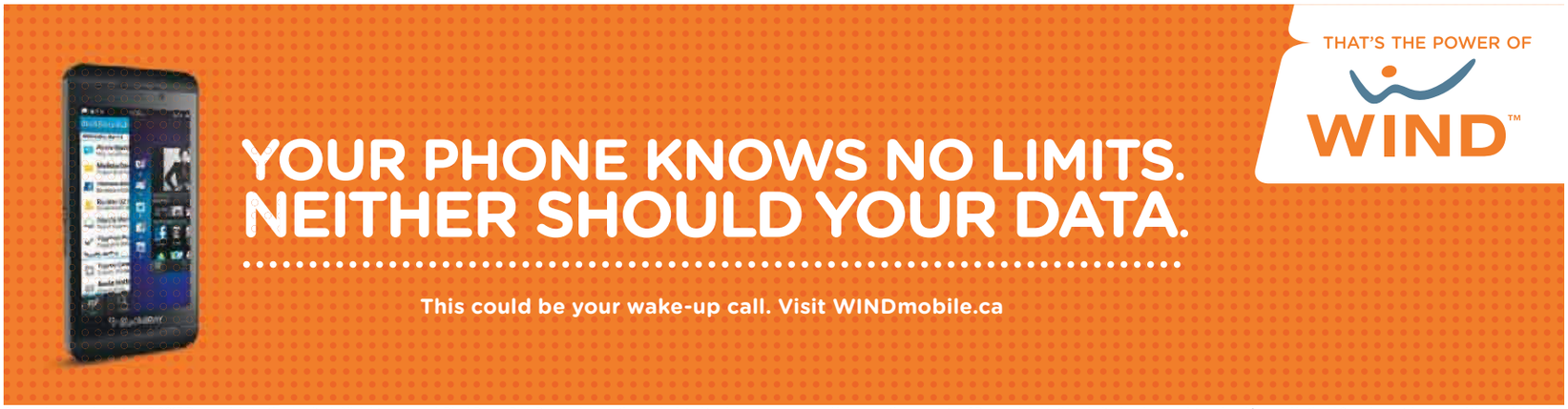
James Holmes, the suspect in a Colorado movie theatre massacre, could be given "truth serum" under a court order issued Monday to help determine whether he was legally insane at the time of the July 20 shootings if he pleads not guilty by reason of insanity. Holmes is scheduled to enter a plea Tuesday. THE ASSOCIATED PRESS

Panama

Body in suitcase may be missing Ottawa man

Foreign Affairs is confirming that a Canadian has died in Panama. The news comes amid media reports that police in the country are looking into whether a body found in a suitcase is that of a missing Ottawa man.

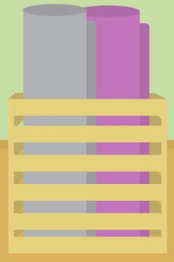
Reports say Ed Moynan went missing from his Panama home in November. THE CANADIAN PRESS


THAT'S THE POWER OF
WIND™
YOUR PHONE KNOWS NO LIMITS.
NEITHER SHOULD YOUR DATA.
This could be your wake-up call. Visit WINDmobile.ca
Screen images simulated. © 2013 Research in Motion Limited. All rights reserved. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Under the license from Research In Motion Limited. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2013 WIND Mobile.

porter
flying refined

Strengthen your core savings – Save up to 40% off base airfares with Porter.

It's much easier to save up to 40% off base airfares on Porter than it is to do downward dog (especially for a raccoon). Book by Thursday, March 14, 2013. Namaste.



Flights from Toronto: Book by March 14, 2013. Travel by June 26, 2013. Advance purchase of up to 14 days is required. One-way fares include all taxes, surcharges and mandatory fees.* Fares starting from:

HALIFAX	MONCTON	MONT TREMBLANT	MONTRÉAL	OTTAWA	QUÉBEC CITY	SAULT STE. MARIE	ST. JOHN'S	SUDBURY
5 x daily	Daily	13 x weekly	16 x daily	16 x daily	3 x daily	4 x daily	3 x daily	4 x daily
$195	$137	$129	$118	$111	$118	$125	$249	$111
Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees

THUNDER BAY	TIMMINS	WINDSOR	BOSTON	CHICAGO	MYRTLE BEACH	NEW YORK	VERMONT	WASHINGTON
5 x daily	3 x daily	3 x daily	5 x daily	5 x daily	5 x weekly	13 x daily	4 x weekly	Dulles 3 x daily
$132	$125	$105	$166	$180	$232	$143	$144	$173
Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees

Book online or contact your travel agent.

flyporter.com

porter Escapes

Vacation packages from Toronto. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★+ **$611** — **BOSTON**
Boston Park Plaza
Standard Room
Dept. April 1, 2, 8, 9, 16, 22 ; 3 nights
Package includes round-trip airfare, hotel accommodation, all taxes, fees and surcharges.

★★★★ **$676** — **CHICAGO**
W Lakeshore
WonderfulRoom
Dept. April 8, 9, 15, 16, 22, 23 ; 2 nights
Package includes round-trip airfare to Chicago Midway, hotel accommodation, all taxes, fees and surcharges.

★★★★+ **$374** — **MONTRÉAL**
Hyatt Regency
Standard Room
Dept. April 13, 14, 15, 16, 17, 18, 19, 20 ; 2 nights
Package includes round-trip airfare, hotel accommodation, all taxes, fees and surcharges.

★★★★ **$429** — **QUÉBEC CITY**
Loews le Concorde
Deluxe Room
Dept. April 1, 8, 9, 15 ; 3 nights
Package includes round-trip airfare, hotel accommodation, all taxes, fees and surcharges.

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial "711".

porterescapes.com

* Book by 11:59 pm Eastern Time March 14, 2013. Travel by June 26, 2013. Up to 14-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines from Billy Bishop Toronto City Centre Airport. Prices will vary for alternate flight on same day travel dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Packages include return airfare, all taxes, surcharges and mandatory fees. Applicable taxes and fees are included in rates. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO #50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Green party being frozen out, leader says

Cold shoulder. Mike Schreiner says he is being barred from participating in events at Queen's Park by the three political parties

Ontario Green Party Leader Mike Schreiner says the three political parties at Queen's Park are making sure he's the odd man out.

The affable Schreiner said that even though his party has fielded candidates in all 107 Ontario ridings for the past two elections, he has been deliberately frozen out of special events at the Pink Palace such as the throne speech and budget day.

While business and labour leaders and assorted special-interest groups are allowed by invitation only to mill around on the second floor outside the chambers in order to speak with reporters, Schreiner is forced to go to the individual media-outlet offices to provide reaction.

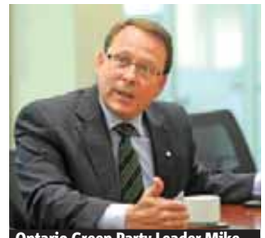
For a third time Schreiner has appealed to the Speaker's office to extend him special privileges so he can participate in the democratic process at the Ontario legislature, even if it's in a tangential way. Schreiner says he has been told before it would take all three parties to agree to his inclusion.

Tory house leader Jim Wilson, who is a friend of Schreiner, and NDP house leader Gilles Bisson both said they were not above having all three parties pursue whether anything can be done for Schreiner.

Wilson noted, however, the fact remains the Green Party of Ontario got only three per cent of the vote in 2011, down from eight per cent in 2007.

The Liberals declined to comment, saying only that access to the Legislative Assembly of Ontario is at the discretion of sergeant-at-arms Dennis Clark.

TORSTAR NEWS SERVICE



Ontario Green Party Leader Mike Schreiner. TORSTAR NEWS SERVICE

Blood-plasma clinics. Ontario asks Ottawa to delay approval

Ontario is raising concerns about new clinics that would pay people to give blood plasma, saying Health Canada should delay any approvals until it has consulted the provinces and other groups.

The prospect of three paid-donor blood-plasma clinics being set up in the province is a cause for concern, Ontario Health Minister Deb Matthews said Monday in a letter to her federal counterpart.

It "would be irresponsible to allow a shift towards a paid-donor system without first determining how it could impact the supply of blood and blood products," she wrote to federal Health Minister Leona Aglukkaq.

Matthews said she's looking at ways to stop any paid-donor clinics from opening in the province "prior to engaging Ontarians first."

She asked Aglukkaq to hold off on any approvals until Health Canada consults with provincial health regulators, care providers, Canadian Blood Services and the public.

Matthews noted that the final report into the tainted blood scandal recommended that blood donors shouldn't be paid for their donations, except in rare circumstances.

Canadian Plasma Resources could not immediately be reached for comment.

Thousands of people in Canada were infected with HIV and hepatitis C after receiving tainted blood transfusions in the 1980s. The federal government launched a public inquiry in 1993 to look into the scandal.

Justice Horace Krever spent four years in his investigation and made 50 recommendations. Among them was tighter rules for blood services and no-fault compensation for the victims.

THE CANADIAN PRESS

Compensation

On its website, Canadian Plasma Resources says it will "compensate" people for blood plasma. "We have several options for you, including payment by direct deposit into your bank account, cheque or prepaid Visa cards," it says.

- Donations from high school students can also count toward their volunteer hours, it says.
- It lists two plasma donor centres in Toronto, and one in Hamilton.

Suspicious suitcase

Heroin found in luggage at Pearson airport

Customs officials say they seized more than 10 kilograms of heroin hidden in a suitcase that arrived at Toronto's Pearson airport from Pakistan.

The Canada Border Services Agency announced the seizure Monday, saying the drug has been turned over to police in Peel region.

The agency says customs officers spotted several "suspicious" pieces of luggage coming off a flight from Pakistan on Feb. 19. A closer examination found one suitcase tested positive for narcotics. The CBSA says the narcotics were later confirmed to be heroin.

Police say no arrest has been made so far but the investigation continues.

THE CANADIAN PRESS

MGM TORONTO CAREER SHOWCASE

An exclusive event to meet industry experts and current MGM employees and learn about the potential opportunity for exciting future careers at an MGM Toronto Integrated Resort.

WHEN: Saturday March 16

TIME: 10 a.m. - 4 p.m.

WHERE: Liberty Grand, Governor's Room
25 British Columbia Road
Exhibition Place, Toronto

For more information, please visit www.mgmcf.com

Featuring special sessions with:

Randy Morton
President and Chief Operating Officer, Bellagio and George Brown College Graduate

Mark McEwan
Chef/Owner of North 44, Bymark, One, McEwan and Fabbrica

MGM TORONTO

WWW.MGMCF.COM

Shooting death. Oscar Pistorius in mourning, but not suicidal: Family

Olympic athlete Oscar Pistorius, charged with the Valentine's Day murder of his girlfriend, is not suicidal, his family announced Monday.

Pistorius "is in deep mourning but despite the tragic circumstances he is certainly not suicidal," said a statement issued by Pistorius' uncle, Arnold Pistorius. He said Pistorius has support from his family.

The family's denial comes after reports that Pistorius was distraught and contemplating taking his life. Reports also said that Pistorius is facing financial ruin over the upcoming murder trial. THE ASSOCIATED PRESS

Oscar Pistorius THE ASSOCIATED PRESS FILE

Safety concerns

Mexican paper to stop covering drug-cartel-related news

A newspaper in the northern Mexico border state of Coahuila announced Monday it will no longer cover information related to drug cartels, citing safety concerns.

The newspaper Zocalo publishes in the Coahuila state capital, Saltillo.

In a front-page editorial posted on its website, the newspaper said the decision "is based on our responsibility to watch out for the safety and security of over 1,000 workers, their families and our own." THE ASSOCIATED PRESS

Death of gang-rape suspect sparks criticism of India jail

The mother of Ram Singh, the man accused of driving the bus on which a 23-year-old student was gang raped in December, cries as she speaks to journalists in New Delhi Monday. Indian police confirmed that Singh committed suicide in jail, but his lawyer and family allege he was killed. MANISH SWARUP/THE ASSOCIATED PRESS

Alleged suicide.

Lawyer claims his client was under 'no mental stress' at the time

Whether he was killed or committed suicide, the jailhouse death Monday of a man on trial for the gang rape and fatal beating of a woman on a New Delhi bus has triggered shock at the enormous security failure at one of India's best-known prisons.

Authorities said Ram Singh, who was accused of driving the bus during the December attack, was in a cell with three other inmates at Tihar Jail in New Delhi when he hanged himself, either with his own clothes or a bedsheet, at about 5:30 a.m.

"This is suicide," Home Minister Sushilkumar Shinde said. But Singh's family and lawyer alleged foul play.

"There were no circumstances which could have led to Ram Singh committing suicide. There was no mental stress. He was very happy (about the trial's course)," his lawyer V.K. Anand said.

Singh, 33, had been among five defendants facing the death penalty if convicted of the rape attack, which horrified Indians and set off national protests. A sixth accused is being tried and jailed separately because he is a juvenile.

Singh's death in custody raised further questions about a criminal justice system already under attack for failing to protect the nation's women. THE ASSOCIATED PRESS

Prison deaths

In 2011, 68 inmates in India killed themselves and another eight were killed by fellow inmates, according to India's National Crime Records Bureau.

Hurry in for $0 smartphones[1] AND up to a $100 bonus gift[2] on select smartphones.

Plus, get DOUBLE the minutes and data on all Canada-wide plans.[3]

Offer ends Mar. 18, 2013.

koodo

Good call

BEST BUY CELLULAPOINT FUTURE SHOP THE MOBILE SHOP Walmart

koodo shop

Bowmanville Mall
Bramalea City Centre
Burlington Mall
Cambridge Centre
Centerpoint Mall
Cloverdale Mall
Conestoga Mall
Devonshire Mall
Dixie Outlet Mall
Downtown Chatham Centre
Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

See store for full details. (1) Price with the Tab. Subject to approved credit. (2) Available on new activations only. Bonus gift may vary by store and value of phone. While quantities last. Offer ends April 4, 2013. (3) Not available with Pay-Per-Use Data Saver.

Give your IQ level the Colbert bump

By liking him on Facebook. Study says intelligence can be measured by our 'likes'

Stephen Colbert (character)
Like
Interest
The Rev. Sir Doctor Sen. Stephen T. Mos Def Colbert, D.F.A., Heavyweight Champion of the World**, Ph.D is the persona of political satirist Stephen Colbert, as portrayed on Comedy Central's The Colbert Report. Described as a "well-intentioned, poorly informed high-status idiot" and a "self-important right-wing commenta...
20,522 people like this
464 people are talking
Continue Reading
From Wikipedia, the free encyclopedia · Edit on Wikipedia

Analyzing Facebook "likes" is one way to assess a person's IQ, political leanings and lifestyle. A study has found that one of the predictors of high intelligence is liking The Colbert Report. FACEBOOK.COM

Liking curly fries and Stephen Colbert is a smart thing to do.

So smart that a computer crunching millions of Facebook "likes," independent of the information in your profile, can figure out all kinds of personal and often private details of your life, including your IQ.

The study by Michal Kosinki and David Stillwell of the Psychometrics Centre at the University of Cambridge could accurately predict, with varying degrees of success, whether someone used drugs, smoked, had divorced parents and leaned liberal or conservative.

"The best predictors of high intelligence include 'thunderstorms,' 'The Colbert Report,' 'science' and 'curly fries,'" the study said.

"To be honest, we were mind blown when we saw the results for the first time," Kosinski told Torstar News Service.

"We could predict so many things with so much accuracy. To be able to predict someone's IQ or personality or whether their parents were divorced was very surprising, even to me, and I predict personality traits all the time."

The study took the Facebook "likes," which stay embedded in a social network page, of 60,000 volunteers in the United States.

It looked at "photos, friends' status updates, pages of products, sports, musicians, books, restaurants or popular Websites."

"Likes represent a very generic class of digital records, similar to Web search queries, Web browsing histories and credit card purchases," the study said.

The team was able to predict with 95 per cent certainty what race a person was; 93 per cent for gender; 88 per cent for sexual orientation; 82 per cent for religion; 73 per cent for smokers and 60 per cent for divorced parents.

TORSTAR NEWS SERVICE

Curl definition. Will Trudeau's new hair help him be Grits' mane man?

When Delilah cut off Samson's flowing mane in the Bible story, it was all downhill from there.

Justin Trudeau is banking the reverse will be true for him, that a decidedly more conservative look will help him grab the Liberal crown.

Trudeau showed up at a recent Liberal leadership debate in Halifax with an unusually short and shellacked hairdo. It's a departure from more insouciant looks the 41-year-old has modelled over the years.

Trudeau has clearly inherited his thick, wavy hair from mother Margaret, a curly brunette, and not from father Pierre, whose hairline began receding at a young age.

Image consultant Karen Brunger said Trudeau's shorter hairstyle is more congruent with his angular face, and therefore less distracting. But she says styling it differently can work in his favour.

"When he's being more casual, relaxed, then let the curl come out, then that's going to attract all kinds of people, especially women," said Brunger, who has advised other political candidates with International Image Institute.

Justin Trudeau proves he can sport a slick look, but also let his wavy curls fall naturally. THE CANADIAN PRESS

THE CANADIAN PRESS

FLIGHT CENTRE® Unbeatable

Airfares

Orlando $299
Travel Mar 22 - Mar 27/wg

New York Travel Apr 17 - Apr 24/ac	$310
Bermuda Travel Jul 23 - Jul 30/ac	$382
Varadero Travel Mar 17 - Mar 31/sqv	$384
Vancouver Travel Apr 17 - Apr 24/ac	$586
Manchester Travel Jun 3 - Jun 11/ts	$736
Paris Travel Jun 10 - Jun 18/ts	$771
Rome Travel Apr 26 - May 4/ts	$793
Amsterdam Travel Sep 25 - Oct 3/ts	$797

Europe

London Air + 6 Nights $1260
Royal National
INCLUDES accom near Russell Square. Departs Apr 4/acv/ac. ADD Red Rover Thames hop-on hop-off tour for $15.

Dublin Air + 7 Nights $1199
Red Cow Moran
INCLUDES 4-star accom near central Dublin. Departs Apr 8/swg/ts.

Prague Air + 7 Nights $1294
Hotel Kavalir
INCLUDES accom close to the Novy Smichov shopping and entertainment centre. BONUS daily breakfast included. Departs Jun 10/ggv/ac. ADD Prague Castle tour for $62.

Paris & Amsterdam Air + 8 Nights $1779
Hotel Charlemagne, Hampshire Hotel
INCLUDES all airfare, 4 nights central Paris accom and 4 nights Amsterdam accom near the Theatre District. Departs May 16/swg/ts/sk.

All-inclusive Vacations

Cayo Coco 7 Nights 4-Star $698
Hotel Colonial Cayo Coco
Departs Mar 17/avc/ac.

Puerto Vallarta 7 Nights 4-Star $816
Royal Decameron Complex
Departs Mar 25/nol/ts.

Puerto Plata 7 Nights 4-Star $821
Bahia Principe San Juan
Departs Mar 18/nol/c6..

Cozumel 7 Nights 4-Star $946
Melia Cozumel
Departs Apr 12/nol/c6.

Riviera Maya 7 Nights 4-Star $986
Catalonia Yucatan
Departs Mar 19/nol/ts.

Cancun 7 Nights 4-Star $1032
Riu Lupita
Departs Mar 15/swg/wg.

Canada & USA

Las Vegas Air + 4 Nights $469
Circus Circus
INCLUDES airfare, airport transfers and accom on the Strip. Departs Mar 31/swg/wg.
UPGRADE to 4-star Luxor for $23 per night.

Niagara Falls Family Special, 3 Nights $56◊
Ramada Plaza Niagara Falls
INCLUDES accom near Falls Ave. Price per person based on family of 4. Travel Apr 15, 22/ggv.
UPGRADE to 4-star Hilton Niagara Falls Fallsview for $15 per night. ADD Niagara on the Lake tour for $93. BOOK this package based on double occupancy for $114.

New York Air + 3 Nights $581
Marmara Manhattan
INCLUDES Manhattan accom. Departs Mar 21/wsv/ws.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

TEXT
Join our Insider Club for hot deals. Text YYZ to 131 600

24/7
1 866 485 7092
850 Travel Experts across Canada.

All advertised prices include taxes & fees.

Conditions apply. Ex: Toronto. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). vth/ts=transat, swg/wg=sunwing, ac/acv/qk=air canada, wsv/ws=westjet, ggv=gogo vacations, no/=nolitours, c6=canjet, sqv=sunquest, sk=scandinavian airlines, aa=american airlines, cc/=carnival cruiselines, ggv=gogo vacations. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

tico.ca

Pigs dumped in river

Contaminated-pork crackdown may be to blame

A surge in the dumping of dead pigs upstream from Shanghai has followed a police campaign to curb the illicit trade in sick pig parts.

Chinese authorities have been pulling out the rotting pigs since Friday. On Monday, Shanghai officials said the number of dumped adult and piglet carcasses retrieved had reached 2,813.

Shanghai authorities have detected a sometimes-fatal pig disease in at least one of the carcasses. The disease is associated with the porcine circovirus, which is widespread in pigs but doesn't affect humans.

Initial investigations found the dead pigs had come from Jiaxing city in neighbouring Zhejiang province. THE ASSOCIATED PRESS

German artillery shells

World War II explosives found on area of planned runway in Poland

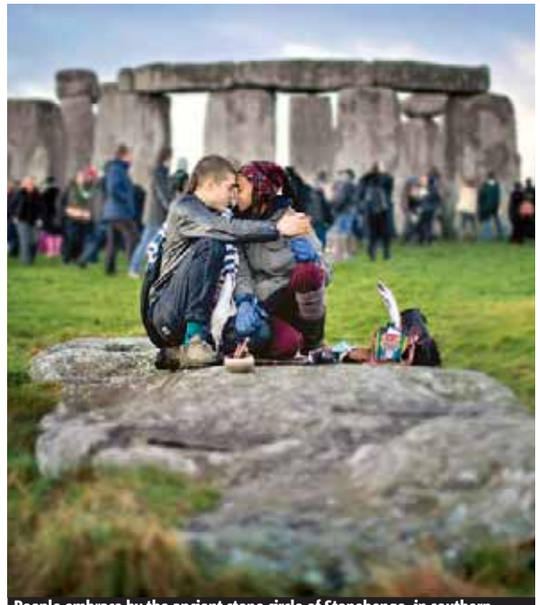
An airport spokesman says that dozens of Second World War German artillery shells have been found at the site where a new runway is to be built in southern Poland.

Katowice airport spokesman Cezary Orzech told The Associated Press on Monday that "large quantities" of shells have been found since the work began last week. The shells are removed to a test range and detonated.

The area housed German artillery during the war and Soviet Red Army afterwards.

Orzech said the airport needs a new 3.2 kilometre runway to handle large cargo planes. It should open in the second half of next year. THE ASSOCIATED PRESS

ΔWin Big Every Day for the Month of April 2013. There are only 220,000 tickets available. Tickets are $100 each or 3 for $250 or 5 for $375. The total value of all prizes is $6,690,974.34, inclusive of all taxes and destination charges. Tickets must be purchased in Ontario. Purchasers must be at least 18 years of age. Prizes may not be exactly as shown. At the time of printing, no $100 Ontario charity lottery offered more prizes worth $5,000 or more, including three grand prizes of one million dollars. For a complete listing of prizes, cash-out values, the rules and regulations and the draw details, visit our website at lottery.cancer.ca. Lottery Licence Number 5301. Bank note images used with the permission of the Bank of Canada.



People embrace by the ancient stone circle of Stonehenge, in southern England, in this Dec. 21, 2012, file photo. British researchers have proposed a new theory for the origins of Stonehenge: It may have started as a giant burial ground for elite families around 3,000 B.C. THE ASSOCIATED PRESS FILE

Stonehenge was burial site for elite?

New theory. Latest study suggests monument was a kind of building project that served to unite people from across Britain

British researchers have proposed a new theory for the origins of Stonehenge: It may have started as a giant burial ground for elite families around 3,000 B.C.

New studies of cremated human remains excavated from the site suggest that about 500 years before the Stonehenge we know today was built, a larger stone circle was erected at the same site as a community graveyard, researchers said Saturday.

"These were men, women, children, so presumably family groups," University College London professor Mike Parker Pearson, who led the team, said. "We'd thought that maybe it was a place where a dynasty of kings was buried, but this seemed to be much more of a community, a different kind of power structure."

Parker Pearson said archeologists studied the cremated bones of 63 individuals, and believed that they were buried around 3,000 B.C. The location of many of the cremated bodies was originally marked by bluestones, he said. That earlier circular enclosure, which measured around 91 metres across, could have been the burial ground for about 200 more people, Parker Pearson said.

The researchers believe that builders converged seasonally to build Stonehenge, but not for very long — likely over a period of a decade or so. THE ASSOCIATED PRESS

Theories

Theories about Stonehenge, include that it was a place for Druid worship, an observatory for astronomical studies, or a place of healing, built by early inhabitants of Britain who roamed around with their herds.

- **Building project.** Latest analysis of a Neolithic settlement near the monument indicates that thousands of people travelled to the site for huge feasts and celebrations during the winter and summer solstices.

NEXTBOX™ 2.0

LETS YOU CONTROL YOUR TV WITH YOUR TABLET.

YOU CAN'T DO THAT WITH FIBE™.

DIGITAL PLUS TV
EXPRESS INTERNET &
FREE NEXTBOX 2.0
HD PVR RENTAL FOR
$82.39/MO[1]
for 6 months
$135.54/mo
thereafter. Includes
all monthly fees.

GET A SUPERIOR TV EXPERIENCE WITH NEXTBOX.[2]

- Easily search through our new, enhanced TV listings guide with your tablet
- Set and manage your PVR recordings with your tablet or smartphone from anywhere
- Watch lots of live TV channels right on your tablet from anywhere in your home
- Do it all with Rogers Hi-Speed Internet's blazing fast Wi-Fi
- Already have a NextBox 2.0? Just download the app to get started

CALL 1 877 841-3791 | CLICK ROGERS.COM/NEXTBOX | VISIT YOUR LOCAL ROGERS RETAIL STORE

NEXT action ENTERTAIN PLAY WATCH FUTURE MOVIES FREEDOM NEXT SPORTS ENTERTAIN WATCH FUTURE MOVIES cable EASY STUNNING MOVIES
NEW RELEASE LIVE PLAY WATCH breathtaking LIVE WATCH FUTURE MOVIES EASY NEW RELEASE
ANYPLACE STUNNING PLAY WATCH FUTURE MOVIES FREEDOM NEXT ANYPLACE CONVENIENT WATCH FUTURE FAVOURITE EXCITING

ROGERS™

Offer available for a limited time within Rogers cable service area (where technology permits) to new customers in Ontario only and subject to change without notice. **1** Taxes extra. Includes Digital Plus TV (including NextBox 2.0 HD PVR rental) service and Express Internet (including modem rental) for 6 months. Regular monthly rates for each service will apply thereafter (including for modem and HDPVR rental or purchase) and are subject to change. Current regular rate $135.54/mo. An installation charge of $49.99 and activation fee of $14.95 also apply. TV portion includes monthly Digital Service Fee of $2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 1% of the recurring TV monthly service fee. **2** Rogers Anyplace TV Home Edition only available in Ontario to Rogers customers with a My Rogers account, consolidated billing, and select HD digital set top boxes (8642 HDPVR, 4642 HD, 8300 HDPVR and 4250 HD). Customers must download the Rogers Anyplace TV Home Edition app from applicable app store (free to download). Wireless data charges deducted from usage allowance or at pay per use rate for set/manage/record and remote control features outside of Wi-Fi. Live streaming feature (currently only available on tablets) only available within your home over your own Wi-Fi connection and requires subscription to Hi-Speed Internet (Lite tier and above) and Rogers Digital TV (excluding Digital Starter Pack) and a compatible iPad or Android tablet. Internet usage deducted from your usage allowance or charged at per GB rate for your tier. Live TV content selection is limited. Visit Rogers.com/GetAnyplaceTVHome for full details. ™ Fibe is a trademark of Bell Canada. ™ Rogers & Mobius Design and NextBox are trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2013 Rogers Communications.

European Union

EU toughens rules on animal testing for cosmetics

The EU banned the sale of new cosmetic products containing ingredients tested on animals with immediate effect Monday. "This is a great opportunity for Europe to set an example of responsible innovation in cosmetics without any compromise on consumer safety," said Tonio Borg, the EU's top official on health and consumer issues.

Animal rights groups were quick to cheer the measure, but trade body Cosmetics Europe said it "acts as a brake on innovation." THE ASSOCIATED PRESS

New York City

Judge strikes down mega-drink rule

New York City's groundbreaking limit on the size of sugar-laden drinks has been struck down by a judge before it was set to take effect.

The restriction was supposed to start Tuesday. Manhattan state Supreme Court Justice Milton Tingling writes that loopholes "effectively defeat the stated purpose" of the rule. The rule prohibits selling non-diet soda and some other sugary beverages in containers bigger than 16 ounces. It applies at places from pizzerias to sports stadiums, though not at supermarkets or convenience stores. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.43¢ (+0.26¢)

TSX 12,858.49 (+22.87)

OIL $92.06 US (+11¢)

GOLD $1,578 US (+$1.10)

Natural gas: $3.65 US (+2¢)
Dow Jones: 14,447.29 (+50.22)

House prices to stay flat for 10 years: TD

Real estate. Following decade of strong gains, report says it's time for a bit of payback

A new report from TD Bank predicts that the longer-term trend is for house prices to gain an average of about two per cent over the next 10 years, which is flat once inflation is taken into account. JUSTIN SULLIVAN/GETTY IMAGES

Canada's real estate bonanza of the past decade has come to end and the long-term trend as one of the most profitable places to invest is also not encouraging, a new research paper from TD Bank argues.

The "special report" from one of Canada's largest banks makes the case that gains in housing prices have been exceptionally strong over the last 10 years, even when accounting for a sharp drop during the 2008-09 recession. But now is the time for a bit of a payback.

The report does not predict a collapse in house prices as some analysts have suggested. In fact, it sees prices rebounding after a few years of a correction to as high as eight per cent.

However, the longer term trend is for home price gains to average about two per cent over the next 10 years — flat once inflation is taken into account, says TD chief economist Craig Alexander.

"I do not think we have a housing bubble in Canada," said Alexander. "We have had abnormal strength in the market during a period of low interest rates and when rates go up over the next three years, you will get a cooling and weaker prices, but not a permanent shock and not a sharp correction." THE CANADIAN PRESS

Growth. OECD says Canada's economy isn't tops among G7

The Organization for Economic Co-operation and Development says Canada's economy is in a funk and may no longer be a leader among G7 industrialized nations in terms of growth.

The OECD's latest analysis of the global economy cites firming growth in the U.S. and Japan, as well as improving prospects for Germany. It says Canada's conditions point to continued growth but at a weak pace.

Ottawa has long boasted that Canada's growth was tops among the Group of Seven industrialized economies following the 2008-09 recession. But Canada's growth has been losing steam amid declining prices for key resource exports as well as a slower real estate market and other domestic factors.

A group of about a dozen Canadian economists advised Finance Minister Jim Flaherty last week to expect growth will remain below two per cent in 2013.

CIBC senior economist Benjamin Tal says Canadians should get used to no longer being leader of the G7 pack in terms of growth.

"Canada is not leading anymore. Canada is entering this period in which we will underperform," he said, explaining that the main drivers of growth so far into the recovery — consumer spending and housing — have topped out.

The Bank of Canada has counted on exports and business investment to take up the slack, but that will depend on foreign markets, particularly the U.S., becoming stronger economically. THE CANADIAN PRESS

Cash House™
You Can Count On Us!
TAX TAG
We TAG it! We CASH it! Get The Most From Your Return
Tax Filing $39.99
Student & Senior Filing $19.99
For helpful tips on filing taxes visit us at
WWW.CASHHOUSE.CA
Questions: taxtag@cashhouse.ca
9 LOCATIONS TO SERVE YOUR TAX NEEDS
Rogers & Caledonia 325 Rogers Road Toronto, ON. M6E 1 R5 416.653.9404
Bass Pro Mills 80 Bass Pro Mills Drive, Unit 11 Vaughan, ON. L4K 5W9 905.760.1015
Sherbourne & Bloor 565 Sherbourne Street, Unit 21 Toronto, ON. M4X 1W7 416.927.1960
Yonge & Wellesley 561 Yonge Street, Unit 103 Toronto, ON. M4Y 1Z2 647.348.0800
Weston Road & 401 2101 Weston Road Toronto, ON. M9N 1X7 416.241.5246
Dufferin & Eglinton 2348 Dufferin Street Toronto, ON. M6E 3S4 416.780.0105
Keele & Sheppard 3342 Keele Stret Toronto, ON. M3J 1L5 416.630.2760
Bathurst & Wilson 3852 Bathurst Street North York, ON. M3N 3N4 647.350.0300
Rathburn & Tomken 925 Rathburn Road, East Mississauga, ON. L4W 4C3 905.281.0505

Seeking high school students with ADHD to participate in research

Who: Teens ages 14 to 16 with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)
What: Reading, listening, and memory tasks (about 5-6 hours) on a weekday or weekend
Where: University of Toronto (St. George subway station)
Why: Earn community service hours and $15 to cover travel to the lab OR $30 for travel and participation. Parents will receive a free educational report on their teen.
UNIVERSITY OF TORONTO OISE | ONTARIO INSTITUTE FOR STUDIES IN EDUCATION
For more information: (416) 978-1011
researchstudyADHD@gmail.com

Do you have High Cholesterol?

LMC is looking for patients with high cholesterol to participate in a research study involving an investigational medication.
Call now, if you or someone you know is:
• Ages 18-75
• Treating high cholesterol with medication
The study length is one month and requires 7 study visits. Compensation up to $1000 will be provided for your time and effort on completion of the study.
If you or someone you know may be interested, please contact one of the Specialists at LMC Diabetes & Endocrinology.
866-701-ENDO (3636)
www.LMC.ca
LMC Making Healthy Easier
DIABETES • METABOLISM • ENDOCRINOLOGY
LEARN MORE. GET HEALTHY.
BAYVIEW OAKVILLE ETOBICOKE THORNHILL BARRIE MARKHAM BRAMPTON CALGARY MONTREAL

FACE IT: YOU LOVE YOURSELF

SHE SAYS

Jessica Napier
metronews.ca

Ever wonder why some couples click, while others malfunction like an old Xbox 360?

The answer might be staring you in the face.

We're hardwired to seek out people whose features resemble our own thanks to the part of our brain — the fusiform gyrus region to be precise — devoted to facial recognition. We're put at ease by familiarity and inclined to trust someone with a face that reminds us of our own, so says Christina Bloom, founder of findyourfacemate.com, a dating site that pairs singles based on facial-recognition technology.

There's a certain kind of vain gratification that comes from looking at yourself in the mirror, so it's not that hard to believe that we'd want to replicate that pleasure when gazing at the person lying next to us in bed. We've all seen those doppelgänger couples whose resemblance is so uncanny they could be mistaken for brother and sister. And while the desire to partner up with someone who looks just like us might seem completely narcissistic, there are actually subconscious biological drives at work.

Bloom says there are a few competing scientific theories that explain why we're attracted to people who look like us. "Some theories relate to imprinting, some to trust and others to narcissism," says Bloom. "Scientists don't agree on exactly why it works, we only know for sure that it does."

Launched in 2011, Bloom's dating site is based on studies of positive assortive mating. Researchers took physical measurements of married couples — including cranial and facial features — and found significant correlations in more than half of the numbers.

The site uses a unique algorithm to analyze 67 different facial points and match up would-be couples.

"It is a very nuanced matrix with a primary focus on the outline of the face and the placement of features," says Bloom. It's not necessarily the size of your nose or the colour of your eyes that matters but how those facial features are arranged and overall face shape.

So what about those people who have a negative self-image? If someone thinks of themselves as unattractive, would they still be likely to fall for someone with similar facial features? Surprisingly, yes, they would.

"It's an unconscious phenomenon; it has nothing to do with how we feel about ourselves," says Bloom. "I have men tell me all the time that their partners are so much more attractive than they are (but) when I see them together, it's obvious how similar their facial features are."

At last, dating someone for their looks is no longer considered shallow, it's science.

We are innately narcissistic beings — wielding a subconscious tape measure to see if the length of a potential suitor's face measures up to our own.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Only One Direction to wax museum

MADAME TUSSAUDS/THE ASSOCIATED PRESS

Immortalizing a stylish boy band

Fans of Harry Styles and his bandmates at One Direction need not worry.

This scary-looking procedure was just to prepare models of the boys at the famous Madame Tussauds waxwork museum in London, England. Hundreds of precise measurements of the stars were taken over a four-month process, with the figurines to be unveiled in April.

Since 1835, Madame Tussauds has immortalized some of the world's biggest names, such as Queen Elizabeth II, who is now on her 23rd model. METRO WORLD NEWS

Whole ball of wax

"We've been to Madame Tussauds and seen the kind of people who are in there. It's crazy to think that we will be up there with them."

Harry Styles, 19, singer in One Direction

Whole lotta dough

$200,000

The cost of each wax model of the five band members. The boys are being produced by renowned sculptor Stephen Mansfield. They will be wearing "smart-casual" clothing and sitting on a school-style bench.

Clickbait

'Wacko birds' is the latest ammunition of the twittersphere. John McCain called senators Rand Paul and Ted Cruz as well as Rep. Justin Amash 'wacko birds' over their anti-drone statement. "It's always the wacko birds ... that get the media megaphone."

@WackoBird

The bio reads, 'hatched from the minds of RINO's, perched over Washington D.C.,' and tweets gems like 'Hey, just wondering... where's that media megaphone I was promised?' Not to be confused with @WackoBirds — also a parody.

Angry Birds

User-generated artwork portrays Paul and McCain in a battle parodying the popular video game Angry Birds — with Paul's head superimposed onto a bird about to ambush a group of drones while McCain looks on in anger.

Twitter

@metropicks asked: Do you have a famous celebrity in the family?

@Big_D_Blulion: Distant cousin to Hockey Great Bobby Orr

@lisambungay: J-Bru (Jason Bruce) babayy

@SusanLougheed: my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@_unicorntears_ My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice of Franklin the Turtle.

@ILike42: Henry Ford (the car guy) great-grandfather's first cousin.

@GiovannaNicolai: Vittorio De Sica - Grandfather

@ole_dory_plug: My great uncle is Bobby Arvon, the singer of the theme to Happy Days in it's 11th season.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

SWAP YOUR RIDE EVENT

IT'S BACK! WHICH FORD WILL YOU FALL IN LOVE WITH?

SWAP YOUR RIDE NOW AND GET **0%** APR PURCHASE FINANCING FOR UP TO **72** MONTHS†

ON MOST NEW 2013 FIESTA, FOCUS, FUSION, ESCAPE & EDGE.

"It's very sleek. It's stylish. It's sophisticated."

Shanon D.

2013 IIHS TOP SAFETY PICK+

BUILT AFTER DECEMBER 2012

Titanium model shown

THE ALL-NEW 2013 FUSION S

Well-Equipped For Only

$156*@1.49% APR

Financed bi-weekly for 72 months **WITH $0 DOWN PAYMENT.**

or lease for only **$298^@0%** APR

per month for 48 months **WITH $0 DOWN PAYMENT.**

or purchase for only **$23,228**** Offers exclude taxes.

5.3L/100km **53MPG** HWY^^
8.0L/100km **35MPG** CITY^^

2013 FOCUS SE SEDAN

2013 IIHS TOP SAFETY PICK

Well-Equipped For Only **$126*@0%** APR

Financed bi-weekly for 72 months **WITH $0 DOWN PAYMENT.**

or purchase for only **$19,628****

Offers include $750 in manufacturer rebates. Offers exclude taxes.

5.5L/100km **51MPG** HWY^^
7.8L/100km **36MPG** CITY^^

2013 ESCAPE SE FWD 1.6L ECOBOOST®

2013 IIHS TOP SAFETY PICK

Well-Equipped Lease for Only **$298^@1.49%** APR

per month for 48 months with $2,888 down payment.
Offer includes $750 in manufacturer rebates. Offer excludes taxes.

www.ajac.ca
AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
BEST NEW SUV - CUV (UNDER $35,000)

6.0L/100km **47MPG** HWY^^
9.1L/100km **31MPG** CITY^^

Our advertised prices include Freight, Air Tax, PPSA and the Stewardship Ontario Environmental Fee. Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

GET up to $3,000†† in additional incentives

towards most new 2012/2013 models when you Recycle Your Ride. Super Duty amount shown.
Incentives range between $500 and $2,500 on other models.

Fall in love with a Ford and Swap Your Ride. Only at your Toronto Area Ford store.

Ford

Go Further

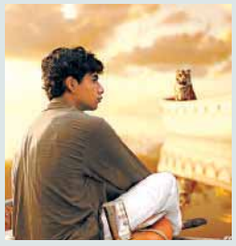
| torontoforddealers.ca |

SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. *Purchase a new 2013 Fusion S/Focus SE Sedan] for [$23,228/$19,628] after Total Manufacturer Rebate of [$0/$750] is deducted. Vehicle shown is a Fusion Titanium for $34,928. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight, air tax, PPSA and Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. †Until April 30, 2013, receive 0% APR purchase financing on new 2013 Ford [Expedition, Edge (excluding SE)]/[Fusion (excluding Hybrid, HEV/PHEV), Escape (excluding S)]/[Fiesta (excluding S), Focus (excluding S, ST, BEV), Taurus (excluding SE)] models for a maximum of [48]/[60]/[72] months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. All purchase financed offers include freight, air tax, PPSA and Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of 16 cents per km over mileage restrictions applies, plus applicable taxes. **Program in effect from January 15, 2013 to April 1, 2013 (the "Program Period"). To qualify, customer must turn in a 2006 model year or older vehicle that is in running condition (able to start and move and without missing parts) and has been properly registered/plated or insured for the last 3 months (the "Criteria"). Eligible customers will receive [$500]/[$1,000]/[$2,500]/[$3,000] towards the purchase or lease of a new 2012/2013 Ford [C-Max, Fusion Hybrid & Energi]/Fusion (excluding S, Hybrid & Energi), Taurus (excluding SE), Mustang (excluding Value Leader), Escape (excluding S), Transit Connect (excluding EV), Edge (excluding SE), Flex (excluding SE), Explorer (excluding base)/[F-150 (excluding Regular Cab 4x2 XL), Expedition, E-Series]/[F250-550] — all Fiesta, Focus, Raptor, GT500, B/C/S 312, Transit Connect EV, Medium Truck, Value Leader and Lincoln models excluded (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, provide the Dealer with (a) sufficient proof of Criteria, and (b) signed original ownership transferring customer vehicle to the Authorized Recycler; and (ii) Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. Offer only available to residents of Canada and payable in Canadian dollars. Offer is transferable only to persons domiciled with the owner of the recycled vehicle. Offer not available on any vehicle receiving GPA, GPC, Commercial Connection or Daily Rental Rebates and the Commercial Fleet Rebate Program (CFP). Customers eligible for CFP are not eligible for this offer. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ^Estimated fuel consumption ratings for the 2013 Fusion FWD 1.6L I-4 5 speed manual/Focus 2.0L I-4 5 speed manual/Escape FWD 1.6L GTDI I-4 6 Speed Auto]. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc., and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

DVD review



Life of Pi

Director. Ang Lee

Stars. Suraj Sharma, Irrfan Khan, Adil Hussain

With Life of Pi, Oscar-winning director Ang Lee has a simple goal. He wants us to accept as real a computer-generated Bengal tiger by the odd name of Richard Parker. The request is simple, the effect is extraordinary. Other things may seem in doubt in this delightful, rousing tale of a teen and a tiger on a Pacific Ocean adventure. Based on the Man Booker Prize-winning novel by Canada's Yann Martel, the film leaves its options open and hopes that our minds will be, too. You may or may not leave a viewing of Life of Pi with an enhanced appreciation of mankind's delicate relationship with animals and nature. Your belief (or disbelief) in an all-powerful deity may be confirmed or quashed. Your definition of "truth" may need revising. But the film's visual marvels are undeniable. Like the book, Life of Pi leaves us puzzling over what we've seen and heard. But never for a moment do we doubt the film's expressive storytelling, imagery and sense of wonder.

PETER HOWELL

Lara Croft's makeover

Tomb Raider. Reboot of classic video game franchise sees its heroine morph from bombshell to the tough girl next door

ROMINA MCGUINNESS
Metro World News in London

Indiana Jones with big boobs: That summed up the basic appeal of Tomb Raider, the best-selling video game franchise that launched in 1996. The reboot, out now, has a less-busty Lara Croft. Why the change?

"What we start with, anytime you create a character, is their biography," Brian Horton, senior art director of Tomb Raider at Crystal Dynamics, tells Metro.

"We knew Lara was this kick butt hero, but we felt she'd become more of an icon and less of a human. People didn't have much affinity for her.

"So our challenge was to come up with a concept that was relatable but at the same time, felt iconic."

Survival is the main theme here, something that allowed the game developers to revisit Crofts' origin story.

"We made it so that she wasn't necessarily focused on being the sheltered aristocratic girl," says Horton.

"She's 21 and just out of university. She still has famous archaeologist parents but there was a point where she just stuck out on her own. Whatever comes at her, she's going to do what it takes to get through it."

Horton talks us through Lara Croft's makeover.

The new Lara Croft is more "humanized" with an athletic build. HANDOUT

How did the game developers go about handling Lara's makeover?
After we knew who she was, we went through a series of drawings, about 60 in total. The first step was to humanize her. In terms of her proportions, she wasn't as much of a bombshell. We kept some of the signature components: the ponytail, the brown eyes and the full M-shaped lips, but we made it much more realistic in its treatment.

Was it all based on these drawings? Or did you use a real life model?
We used one girl for her face and one for her body. We wanted someone normal, not a pin up. We chose models that had body fat to them; that weren't super skinny. The body model is actually a stuntwoman with a really proportional, athletic physique.

At what point were you like: "We nailed it! We have the new Lara."
Once we have our concept and our model, it comes down to the way she performs in the world. When she's hurt, she'll clutch her side. When she's in a claustrophobic cage, she'll touch the walls. Adding Camilla Luddington (the British actress who did the voice and performance capture for the cinematics) to bring her to life was a huge part of the equation. That's where the believability came in. And even though she wasn't the model that inspired the look of it, when you look at Lara Croft on screen, there's a lot of Camilla in her.

The "old" Lara Croft is famous for her bust. The same can't be said of this version. What did you take her bra size down to?
I don't even know. It's not something I even think about. Before, there was so much emphasis on what her bra size was ... We never understood the fascination.

Fans will have noticed she's no longer wearing hot pants...
We wanted it to feel as practical as possible. Her clothes are much more down to earth: cargo pants, adventure boots and a dual tank top. It still feels like her. Just without the shorts, of course.

OPEN HOUSE!
NEW Luxury Condo Rentals Scarborough
This Saturday 1pm - 4pm
151 Village Green Square - Tridel Built Ventus - Kennedy and HWY 401

DEL CONDOMINIUM RENTALS

To the south of Ventus is the Kennedy Commons shopping centre and the Scarborough Town Centre is just to the east. Easy access to DVP and HWY 401.

Visit: www.delrentals.com
Call: 416-296-RENT (7368)

Need to see a Doctor?
Check our Walk-in Wait Times online at
www.appletreetoronto.com
20 locations providing both walk in services and ongoing family medical care
647-722-2370
Appletree Medical Group
Physicians Working Together for Better Health Care

How do I become a Dentist ?
Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

Tough times? Go zombie

Undead trend. Pop culture academic says in periods of upheaval, we turn to brain eaters to help express our dissatisfaction

Zombie walks have been gaining popularity. THE ASSOCIATED PRESS

Zombies seem to be everywhere these days.

In the popular TV series The Walking Dead, humans struggle to escape from a pack of zombies hungry for flesh. Prank alerts have warned of a zombie apocalypse on radio stations in a handful of American states. And across the country, zombie wannabes in tattered clothes occasionally fill local parks, gurgling moans of the undead.

Are these just unhealthy obsessions with death and decay? To Clemson University professor Sarah Lauro, the phenomenon isn't harmful or a random fad, but part of a historical trend that mirrors a level of cultural dissatisfaction and economic upheaval.

Lauro, who teaches English at Clemson, studied zombies while working on her doctoral degree at the University of California at Davis. Lauro said she keeps track of zombie movies, television shows and video games, but her research focuses primarily on the concept of the "zombie walk," a mass gathering of people who, dressed in the clothes and makeup of the undead, stagger about and dance.

The zombie mob originated in 2003 in Toronto, Lauro said, and popularity escalated dramatically in the United States in 2005, alongside a rise in dissatisfaction with the war in Iraq.

"It was a way that the population was getting to exercise that they felt like they hadn't been listened to by the Bush administration," Lauro said.

"Nobody really wanted that war, and yet we were going to war anyway."

The mid to late 2000s also saw an uptick in overall zombie popularity, perhaps prompted in part by the release of post-apocalyptic movies including Dawn of the Dead and 28 Days Later.

As of last year, Lauro said, zombie walks had been documented in 20 countries. The largest gathering drew more than 4,000 participants at the New Jersey Zombie Walk in Asbury Park, N.J., in October 2010, according to Guinness World Records.

"We are more interested in the zombie at times when as a culture we feel disempowered," Lauro said.

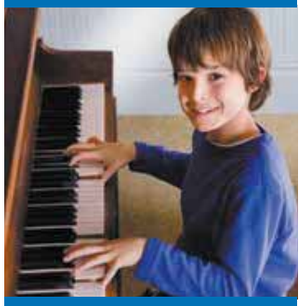
"And the facts are there that, when we are experiencing economic crises, the vast population is feeling disempowered. ... Either playing dead themselves ... or watching a show like Walking Dead provides a great variety of outlets for people."

THE ASSOCIATED PRESS

TAX SAVINGS WORKING FOR YOU
Helping create jobs and growth for Canadians.

Hiring Credit for Small Business

Up to $1000 on EI premiums

Children's Arts Tax Credit

Up to $75 per child

Family Caregiver Tax Credit

Up to $300

First-Time Home Buyers' Tax Credit

Up to $750

Tradesperson's Tools Deduction

Up to $500 from income

Take advantage of these and other tax savings. File your return online and get your refund faster.
Visit cra.gc.ca/TaxSavings

Government of Canada Gouvernement du Canada
CANADA'S ECONOMIC ACTION PLAN
Canada

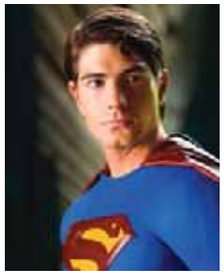
Captain America? Canucks say yuck

To mark ComiCon in Toronto this month, Match.com asked its members which superheroes they would most likely date. Some caped crusaders fared better then others among Canuck romance-seekers.

METRO

Canada's Kryptonite

Single ladies swoon over the man of steel. Most Canadian women (33 per cent) would prefer to date Superman, followed by Batman (21 per cent) and Wolverine (15 per cent).



Lovin' the lasso

Wonder Woman is the number one date choice for Canadian men — almost half of Canadian gents (48 per cent) would like to get tangled up in her lasso of love. Catwoman (30 per cent) and Batgirl (14 per cent) are runners-up in this race of love.

Coastal differences

It turns out Montrealers prefer the dark and mysterious. Unlike the rest of Canada, Montreal singles would most like to date Catwoman (47 per cent) and Batman (27 per cent). We foresee some steamy nights in the Batcave.

Superpower patriotism

The comic book character Canadian females would least like to date is Captain America. A meager seven per cent of Canadians would date this American hero.

Zero Dark Knight 52.
Batman's backstory gets more Bam! Pow! Zap!

Batman's transformative years are getting a few new twists.

DC Entertainment is going back into Bruce Wayne's past to see how he began his transformation from wealthy socialite to the scourge of Gotham's criminal underworld.

Key elements of the character's history are staying the same — the murder of Wayne's parents, for example — says Scott Snyder, the writer of Batman since its relaunch debuted in 2011.

Snyder said the decision grew out of the success of the first year-and-a-half of DC's New 52, a sweeping reorganization of the publisher's characters that saw many given new origins and costumes that blended those from their first appearances decades ago with contemporary changes.

Snyder said readers will see how the crime fighter found his calling and what challenges he faced when first donning the costume of the Dark Knight.

Da da da da da da da da — reboot! Batman writer's take it back to zero.
THE ASSOCIATED PRESS /DC ENTERTAINMENT

The augmented origin begins June in the pages of Batman in an 11-issue story called The Zero Year that is illustrated by Greg Capullo.

It's not so much an origin story as it is a view into Batman's formative years.

"We're not going to take apart 'Year One,'" Snyder said, referring to the Frank Miller-David Mazzucchelli four-issue arc that recounted how Wayne began to fight crime after years away.

"It's time for a new story showing how Batman became who he is in the New 52," said Snyder. "It builds up the mythology." THE ASSOCIATED PRESS

YOU COULD WIN
A TRIP FOR 2
TO THE 2013 JUNO AWARDS
IN REGINA!
CANADA'S MUSIC AWARDS
APRIL 21 BRANDT CENTRE, REGINA
JUNO AWARDS 2013 CTV
Package includes
2 tickets to The 2013 JUNO Awards
Broadcast and various JUNO Public
Events, Travel & Accommodations.
PLUS
1 $50 hmv gift card courtesy of
hmv
VISIT
clubmetro.com
TO ENTER
No purchase necessary. Terms and conditions apply.
For full contest details and terms and conditions, visit clubmetro.com.

Free Interactive Workshops on HIV/AIDS
Hosted by the P.E.A.K. Project (Prevention, Engagement, Action & Knowledge)
A Project of Planned Parenthood Toronto
• Are you between the ages of 13-29?
• Want to learn more about HIV/AIDS?
• Do you have questions you'd like answered?
What's in it for you?
• Information on HIV/AIDS
• Free snacks
• TTC tokens
• Certificate of Participation
WHEN?
Next workshop dates are: March 16 & March 28
Afternoon and evening times available.
WHERE?
Miles Nadal JCC, 750 Spadina Ave (at Bloor)
planned parenthood TORONTO
For more info or to register, please contact:
Rae at rwatts@ppt.on.ca OR 416-961-0113 x162

MARCH BREAK FAMILY FUN!
Wizard World Fun Park
EXHIBITION PLACE
416-585-9263 www.wizardworld.ca

The Word

What is going on at The View?

THE WORD
scene@metronews.ca
Meredith Engel

Readers, important question: do any of you even watch The View? Maybe I'm mistaking this squawkfest of an hour with The Chew, or maybe even The Talk.

Regardless, I must say I was a teensy bit surprised when Joy Behar announced her resignation from the ABC morning show last week — homegirl's been there since the beginning. And then, like your little sister who just couldn't stand it when you got all the attention, Elisabeth Hassel-a-hack came out and was like, "Oh yeah? Well I'm leaving too! Hmph!" In the corner, Joy Behar cried out "No fair!" to no one in particular. But it was too late. Our interest had been piqued. No longer was this a story about replacing Behar, a middle-aged woman whose voice reminds me of Gilbert Gottfried on a good day. No, now, it's about beautiful, blonde, conservative Elisabeth, too. Marsha, Marsha, Marsha!

So who should fill each lady's seat at the table? For Elisabeth, I nominate Ann Coulter: a healthy dose of conservative energy draped in a long blonde wig. For Behar, how about a cockatoo? Would probably be just as entertaining, and the hairstylist would still get to keep his job.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A pricey pair worth protecting

Jennifer Love Hewitt can apparently put a price on her breasts, at least when it comes to the idea of insuring them as valuable assets. "I need, like, an insurance invitation. If somebody was like, 'Hey, you know what? We would like to insure your boobs for $2.5 million,' I'd be like, do it. Love it! Why not?" she tells USA Today. "These things right here are worth $5 million."

Jennifer Love Hewitt
ALL PHOTOS GETTY IMAGES

Money-makers

"These things right here are worth $5 million."

Jennifer Love Hewitt
On her womanly assets

Justin Bieber

Pop goes their world: Bieber cancels concert in Portugal

Following a tumultuous week in London, Justin Bieber headed to Portugal already offering up bad news for fans hoping to see him tonight. "Due to unforeseen circumstances, Justin Bieber was forced to cancel the second (concert) in Portugal on 12 March," local promoter Everything is New announced, though his concert last night remained scheduled as planned. "Holders of tickets valid for 12 March should contact the respective place of purchase to receive a refund."

WE NEED MALES & FEMALES

Are you a healthy, non-smoking

MALE OR FEMALE 18 YEARS OF AGE OR OLDER?

• Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study #1540
Males and Females, 18 years of age or older

Study starts on Friday, March 22, 2013
• 2 sessions with 3 return visits per session
• Compensation is up to $1,240 for completing the entire study.

CALL: 416-747-5246

Toll Free: 1-866-747-5246 [Mon-Fri: 8-8, Sat-Sun: 10-6]

BioPharma Services Inc.

www.biopharmaservices.ca 4000 Weston Road, Toronto

Harbourfront centre
worldstage

Boundary-pushing dance from China...

TAO Dance Theater
Weight x3 & 2

Production Sponsor Manulife Financial For your future

March 20-23

4 SHOWS ONLY

"Extraordinary." – The New York Times

416-973-4000 harbourfrontcentre.com/worldstage

Photo: Lars Ake Stomfelt

Site Partners: Canada, Toronto
Programming Partners: Patrimoine canadien, Canadian Heritage, Canada Council for the Arts, Conseil des Arts du Canada, Ontario Arts Council, Toronto Arts Council
Corporate Site Partners: enwave, WestJet
Corporate Site Partner: Redpath
Major Partner: Natrel
Production Sponsor: Manulife Financial For your future
Official Suppliers: Labatt, Pepsi
Official Hotel: The Westin Harbour Castle Toronto
Media Partners: Toronto Star, The Globe, metro, Toronto, Omni

Dillon Casey knows all about physical roles. The Oakville, Ont., native plays Navy SEAL Sean Pierce on the TV series Nikita. He also played rookie hockey player Trevor Lamonde in the CBC show MVP and recently filmed a mixed martial arts movie called Only I. But he's perhaps best known for playing Erica's first boyfriend, Ryan, on the CBC series Being Erica. Metro asked Casey to give us a look into his workout routine. **METRO**

Get ripped like a Navy SEAL

I play a Navy SEAL on Nikita and these guys are all about functionality. The muscular Schwarzenegger types could never make it through the training I do — it's too much wasted energy for your body to fuel all that extra weight.

These exercises will give you a useful body. You'll be a workhorse with great muscular endurance and explosive power. Keep changing it up. Keep your body guessing. Keep it interesting and you'll keep coming back for more.

Bodybuilders

Grab a set of dumbbells and, holding onto them, position yourself at the top of a push-up. Do a full push-up, then kick your feet to your hands. Stand straight up, keeping your back straight and lifting with your legs. You'll be in the perfect position to do a curl, so do one. Then press the weights up so your palms are facing forward and the inside of the dumbbells are in line with the tops of your shoulders. Keeping your weight on your heels, do a full squat. At the top of the squat do a military press (pushing the weights over your head and lowering them back down). Then lower the weights back down until they're on the ground and kick your legs back behind you until you're at the top of a pushup.

Mountain climbers

Again you start at the top of a push-up. Keeping your hands on the ground, bring your right leg forward so you look like a sprinter about to start a race. Switch your left leg with your right — do it as fast as you can for a minute (you'll look like you're basically running on the spot with your hands on the ground). This exercise is great cardio and it blasts your calves, shoulders and triceps. And it's a killer ab workout.

Dumbbell punches

This one sounds easy, but it'll kill you. Grab a set of dumbbells. Stand with your feet a bit wider than shoulder width (or into a comfortable fighting position, like a boxer). Lean back slightly, get your hands into boxer-ready position and start punching up at 45 degrees. Do it for a minute. If you need to stop ($20 says you will), instead of resting quickly grab lighter weights and keep going. This is good for the heart and will rip your shoulders. And if you ever need to punch somebody in the face, your arms will feel like sledgehammers. Do it for a minute, no rest. Next!

Lunge with a twist

Grab a medicine ball. Lunge with your right leg. Keep your back straight and twist to the right. Back to starting position. Lunge again with your right leg and twist to the left. Repeat with the left leg. As a plyometric variation, start in a lunge position, right leg forward, body twisted to the right, quickly jump and switch your feet, twisting in the process. Try to do it for a minute. If you can't finish, lose the medicine ball and keep going. Guys, this will give you a hockey player's ass and cut-up quads (ladies, this one will give you those perfect sexy summer legs that I like). It's also a great calorie burner. I love this one since it keeps me quick on my toes and gives me strong, responsive legs and feet for my fighting and action scenes.

Actor Dillon Casey stays in shape with these exercises. DAVID LEYES / CONTRIBUTED

Inverted rows

It's not all about "mirror muscles" — you're not strong if you don't have a strong back. So grab some dumbbells, bend your knees slightly and lean forward, keeping your back straight and the weights hanging naturally out in front of you. Pull the weights back as far as you can — you should feel like you're pinching your shoulder blades together. Hold for a second, then slowly lower back down. This will work most of your upper back. Secondary muscles at work are biceps and shoulders. Do it for a minute. Keep your knees bent so you don't put too much stress on your lower back.

Switch it up

Beating boredom

My workouts have become all about maintaining interest. After hitting the gym for 14 years straight it starts to get old, so I've learned to adapt and change as I go.

I start with 30 to 45 minutes of cardio, but try to keep my body guessing. I'll sometimes do an HIIT workout on the treadmill with some interval training — the issue here is making sure I give myself enough time to recover.

After cardio I'll do a five-minute ab circuit. I've been setting up a "round timer" on my iPhone. I'll do five different ab exercises at a minute each with little rest in between (10 seconds max): bicycle crunches, flutter kicks, scissor kicks, the ab roller and drop elbows (look this one up — it's a grind).

FIT 3

Best Health Minute

Made in Canada

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Lululemon may be associated with yoga wear, but other Canadian-designed athletic fashion brands keep us looking good on and off the mat. Freelance writer Diane Peters rounded up some of these finds in the latest issue of Best Health.

Lole: The letters in the name of this Montreal-based company stand for Live Out Loud Everyday. Founder Evelyn Trempe and her husband, Eric D'Anjou, wanted to make better looking high-tech outdoor clothing for women. Today, Lole makes yoga basics, outerwear and dresses.

Titika: Owner Eileen Zhang wanted to create a line of athletic wear with zest and energy and the Toronto-based company releases new items every few weeks.

Terrafrog: This line was founded by Alberta sisters Cori and Bobbi Windsor. Terrafrog's appeal is great-fitting athletic clothes in all sizes, since it's not always easy to find extra-large yoga or athletic wear. Top-selling basics include workout jackets and mid-rise bottoms.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

How to beat depression with yoga

MOOD BUSTING SEQUENCE

"The goal is to be 100 per cent present in your practice."

KATHRYN BUDIG

Standing Forward Fold

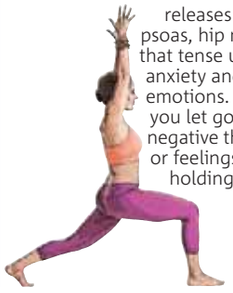
is for emptying out your head. Imagine you have a little trap door on the crown of your head when bending forward. Just open it up and shake that brain trash out.

Downward Facing Dog

reverses your body's blood flow, which is good for circulation. It also energizes the body.

Crescent

releases your psoas, hip muscles that tense up from anxiety and other emotions. It helps you let go of any negative thoughts or feelings you're holding on to.



Dolphin

helps you prepare for handstand or a milder inversion. It helps to calm the brain, relieving stress and depression.

Handstands

are about having fun. Instead of getting frustrated with yourself, think: "Can I kick my feet up off the ground?" It improves your balance and soothes the mind.

Upward Facing Bow

is an endorphin releaser, as are all other back bends. This pose will help bring some happiness back into your body. It also goes deep into the central nervous system, boosting your energy levels.

Wild Thing

opens up your chest, back, hips and legs, and strengthens your shoulders and upper back. It opens up your body and creates space. It will also help fight fatigue.

End

with a five-minute savasana (relaxation).

Mental health. Do this mood-boosting yoga sequence to clear away the winter blues

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

"Depression often occurs when we get stuck in negative thinking patterns. It makes us feel slow and murky," Kathryn Budig, who teaches yoga to Eva Mendes and Snoop Dogg (now Snoop Lion, of course), tells Metro.

But a lot of it is down to how you choose to think and behave.

"Yoga is all about intention-setting," she says. "The goal is to be 100 per cent present during your practice. This can help you reset your brain patterns to how you want to behave outside of this trap you feel like you're in.

"So instead of aimlessly going about your day and feeling switched off — watching TV or running errands — yoga will force you to put energy and thought into every move and breath you take."

Dr. Karen Pilkington, senior research fellow at the University of Westminster, agrees that the combination of physical effort with a focus on breathing and relaxation can help with depression symptoms.

"The sequence of poses can be very demanding on the body — certainly ones involving inversions and back bends.

"This increase in physical effort, together with the controlled breathing and then the period of relaxation, will help lower your heart rate and blood pressure, which in turn will reduce the stress response," she says.

Try Kathryn's mood-boosting sequence, adapted from her book, The Women's Health Big Book of Yoga.

Simple four-count breath

Do this if you feel an anxiety attack coming on:

- **Inhale.** Four seconds
- **Hold.** Four seconds
- **Exhale.** Four seconds
- **Repeat.** One to two minutes

Are you a Healthy Person between 18 and 55 years of age?

If so, we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $800 to $3900 depending on the length of the study

APOTEX ADVANCING GENERICS

CROOKED TEETH and want them straightened?

You or your child may have irregular teeth, which cause you to feel embarrassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment
Please call Bonnie at (416) 635-5821

TORONTO MOBILE VETERINARY SERVICES

Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!!

Open after-hours, weekends and holidays.

Call 647.389.4VET (4938)

Visit www.tomobilevet.com for an appointment TODAY!!

Commuting doesn't have to be a pain in your neck

Sprain-strain injuries. Small aches and pains can have big consequences. Here's how to stay healthy on your way to work

MEREDITH ENGEL
life@metronews.ca

If you're on the train or bus right now, try this self-check: Are you bending your neck to read this? Are you fidgeting from one foot to the other? Is there a gym bag or heavy purse on your shoulder? If so, those little aches and pains you've been complaining about might be related to how you get yourself to and from work each day.

"I hear this all the time with patients," says Dr. Louis Peterson, a chiropractic physician in New York City. "They'll come in (saying), 'Oh, my neck's sore.' Those little things start to add up on the commute."

And they can add up to long-term consequences, he says. "What you end up (getting is) a sprain-strain injury, where your neck actually gets strained. The muscle fibres start to get slight tears in them. Most people just aren't aware."

We asked Peterson to explain how we should be travelling to and from work.

Try to stay awake

Anyone looking for some extra zzz's shouldn't find them on the subway. "When (commuters) fall asleep with their neck stuck to one side, eventually problems (develop)," Peterson says. "The neck gets strained." The fix: "Have your neck up and supported."

Make it a balancing act

"If you're standing and holding on, you should try to distribute your weight. You shouldn't be on one foot or the other," Peterson says. And don't get distracted. Using your phone or trying to read will make your head point downward, which you're trying to avoid.

Hold your book (or your Nook, or your Metro!) up

"When you're commuting, you're spending a lot of time reading and your head is facedown. That causes issues with the neck, and that's always problematic." So hold reading material up.

Hold your bags or purses correctly

"Backpacks are the acceptable bags, not having a single bag trying to balance on the shoulders," Peterson says. If you have a purse, hold it in your hand, not on your shoulder, because the shoulder is where problems develop. Indeed, if you rest a bag there, your shoulder can "get tilted one way or the other," he says. "You tend to yank that shoulder up higher, and after a while your neck cricks up."

Stretch

It's not just for athletes. "If you have some pains, try simple stretches for the neck or the low back," Peterson advises. "If it hurts, (use) ice. If you're really dire, give me a call."

Walk this way

Sorry ladies, but you really should go for the suit-with-sneakers look.

- "You can put your heels on at work," says Peterson. "When commuting, you should try to stay away from (wearing heels). It puts an enormous amount of pressure in your lower back."

Distribute your weight evenly when standing on the train or bus to avoid putting unnecessary strain on your back, neck and shoulders. ISTOCK IMAGES

Advertisement

Finally A Weight Loss Plan That Works

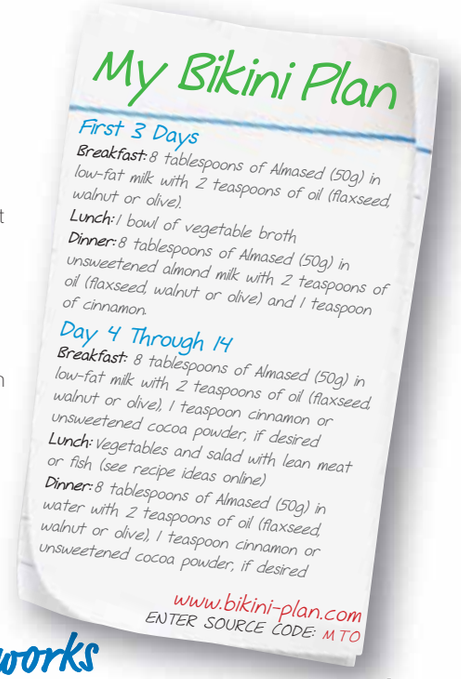
Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.


My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MTO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MTO.

TRUE NORTH nutrition
The New Direction in Health

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART · THE BIG CARROT · nature's source · nutrition house · S&H HEALTH FOODS · Ginkgo Health Shop · healthstore locator www.healthstorelocator.com

From the sea to your oven

ROSE REISMAN
for more, visit
rosereisman.com

This Roasted Seafood over Linguini with Lemon Olive Oil tastes heavenly, presents beautifully and is quick to prepare. Feel free to substitute the seafood of your choice. Buy cleaned squid and use tentacles if desired. For some extra spice sprinkle with dried chili flakes. To boost your fibre, try whole grain pasta.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz dry linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce
- 1/3 cup chopped cilantro
- pinch salt and black pepper

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes, or until the mussels open. Remove from the oven and keep covered.

3. While seafood roasts, cook linguini in boiling water until al dente, 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

4. While the pasta cooks, spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Cabbage patch cunning

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Gather round bunnies, Mr. McGregor is going to hate you more now that you will be nibbling on his cabbage patch. Cabbage is a cheap, long storing, plentiful and simple-to-prepare vegetable that is sadly under-used. It contains plenty of cancer fighting phytonutrients, fibre, vitamins and minerals and just a hint of calories.

• Honour the Irish this St. Patrick's Day by boiling some white chopped cabbage along with the potatoes before you mash. Colcannon is a traditional dish that has much more to offer than meets the eye.

• Make good use of sauerkraut that contains fermented cabbage. It is great with sausage, yes, but just as good used in a side dish of pancakes. Stir some sauerkraut into pancake mix and fry; serve with sour cream like blintzes.

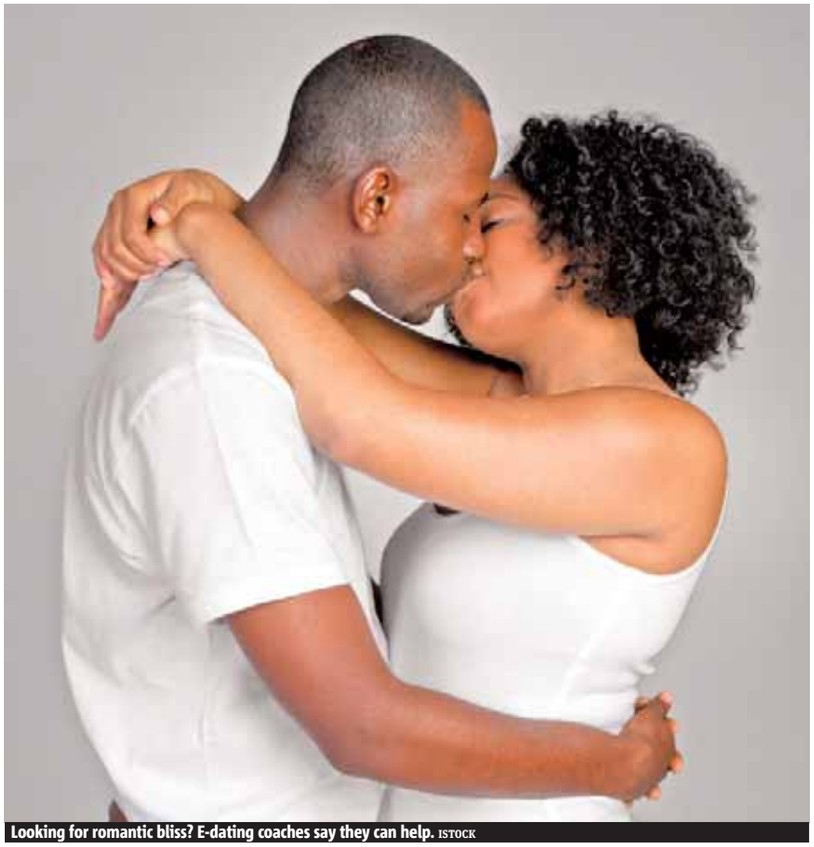
• Pan fry a couple slices of bacon and add sliced cabbage to the pan. Stir to cook through and brown and serve as a vegetable side dish with grilled meats or fish.

Small heads of white cabbage work for any of these ideas, but don't forget that nappa cabbage and red cabbage have the same delicious benefits.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

you could WIN a pair of passes to the advance screening of
JAMESFRANCO VANESSAHUDGENS SELENAGOMEZ ASHLEYBENSON RACHELKORINE
SPRING BREAKERS
IN THEATRES MARCH 29
springbreakers.ca
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrotoronto

No purchase necessary. Contest open to residents of the Greater Toronto Area, excluding Québec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. Twenty Five (25) Grand Prizes are available to be won, consisting of Two Tickets to the special advance screening of Springbreakers on Thursday, March 21st at 9:15 pm at the Bell Lightbox (approximate retail value of $26 CDN). Skill testing question required. Contest closes March 17, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com



Looking for romantic bliss? E-dating coaches say they can help. ISTOCK

The course of true love never did run smooth, but would an e-coach help?

Calling in the pros. Internet dating consultant likens his service to that of a personal trainer

NATALIE SHURE
Metro World News in NYC

Online dating is a reality of the love game, whether you're just looking around or on a serious quest for a lifelong partner.

Sites like OkCupid, Match.com and eHarmony try to make finding someone simple, but they can be disappointing and frustrating.

Now, one solution to the e-dating conundrum is gaining traction — consultants. These pros help clients strategize and punch up their profiles to stand out in the competitive world of digitalized courtship.

"Most people are not very good at online dating," says Evan Marc Katz, dating coach and founder of the e-dating consulting service eCyrano.

"It's like the gym. You don't lose weight by signing up for the gym. That's why people hire personal trainers — to show them how to use the equipment."

eCyrano rewrites clients' profiles based on a lengthy questionnaire and detailed phone call.

Katz, who dated online for 10 years before meeting his wife offline at a party, says his team of freelance writers promise profiles that are more authentic than what most users write for themselves.

He contends that the majority of online-dating fumbles involve unrealistic expectations.

"Online dating gives people the illusion of choice, not actual choice."

It might seem shallow but ...

- Companies like New York Image Consultant offer services that include hairstyling and makeup for photos in a range of outfits and poses, plus Photoshopping.
- Consultant Amanda Sanders puts it bluntly: "The reality is, they choose your picture over someone else's because it captures their eye. The text isn't as important as the visual aspect."

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS Youth Fund™ Proud supporter of Boys & Girls Clubs of Canada / Clubs Garçons et Filles du Canada

rogersyouthfund.com

With education, anything's possible.™

DREAM LEARN EDUCATE LEAD CREATE

ROGERS™

Five tax myths that can cost you time, trouble and money

Not true! Falling for these five financial fallacies can get you into quite the pickle when it comes time for the taxman to go over your paperwork

YOUR MONEY
Alison Griffiths
money@metronews.ca

For the past few years H&R Block has been puncturing tax myths gleaned from their free online Q&A service.

It's one of my favourite topics at this time of year. The persistence of these myths is downright amazing.

If you believe them they'll cost you time, trouble and money.

Here are five of the most common:

By the numbers

$1,500

Average amount of extra taxes restaurant workers in St. Catharines were required to pay after they were targeted by Revenue Canada

1. Maternity leave and EI income is not taxable.

Income is income and the government always wants its pound of flesh!

Be warned, in both cases; Service Canada withholds at less than the lowest marginal tax rate.

Depending on tax credits, you may have tax owing at the end of the year.

2. RRSP contributions don't have to be reported if the deduction isn't claimed.

Even if you aren't claiming a deduction for the contributions, you are still required to record the fact that you made them.

"If you don't claim a deduction in the year it was made, you will have to file for a re-adjustment, which can be a pain," warns Cleo Hamel, senior tax analyst at H&R Block Canada.

3. Tips are not considered income.

This is an enduring tax myth.

Anyone earning tips in any industry is required to report the amount.

For servers, tips may be as much as 100 to 400 per cent of their income, depending on the restaurant.

"I recommend that those in the industry set aside 20 per cent of all their tips for tax purposes," notes Cleo Hamel.

In 2011 Revenue Canada targeted restaurant workers in St. Catharines, Ont.

The average additional tax tab was $1,500.

4. Students get refunds on their tuition.

In order to get a refund, you need to have overpaid tax during the year.

If a student does not have taxable income, they cannot use their tuition and education credits on their return.

Note: Students can transfer up to $5,000 annually to a parent, grandparent or spouse or they can carry forward credits to use in future years.

However, tuition must be recorded on the return in the year it is paid.

5. Mothers are required to claim the child tax credit.

The lower income spouse, mother or father, must claim childcare expenses.

Either parent can claim the child tax credit, the fitness or art credit or the child amount.

FOR FAQS AND A TAX BLOG GO TO HRB TAXTALK.CA.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't be like this guy and give yourself a headache come tax time for believing tax myths. ISTOCK

Download Canada's top rated newspaper app today
"Just seconds after I launch the app it's ready for offline reading. Great app for when I'm on the subway!" – OL
Google play
SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.
metro

Vonage
sounds good
PAYING TOO MUCH
FOR HOME PHONE SERVICE?
NOW YOU CAN CALL CANADA
AND BEYOND FOR ONE REALLY LOW PRICE.
GET UNLIMITED DOMESTIC AND INTERNATIONAL CALLING WITH PLANS STARTING AT JUST:
$9.99 CAD./MO
CALL 888-282-8647 OR VISIT VONAGE.CA
TO FIND A PLAN THAT WORKS FOR YOU.

Make all your work wishes come true

Can you always get what you want?

Perhaps all you have to do is stop complaining and ask for it

GABBY BERNSTEIN
Metro World News

Do you ever get angry and resentful because you're not getting what you want? Or do you feel your needs are not being met? If you do feel like this, then I have another question for you. Do you ask for what you want?

When you feel you're not getting what you want from others in the workplace or in life, the easiest thing to do is complain about it. But blaming other people for your feelings of dissatisfaction is the wrong way to approach the issue. The key to getting what you want is to ask for it.

Asking can be uncomfortable for some folks. I see this often when it comes to asking for a raise, asking for help or merely asking someone to listen to what you have to say. As difficult as it can be to ask, it's important to realize that you won't get what you want until you're willing to put it out there. If you tend to freak out about asking for what you want, it's time to shake off the fear and change your ways. What you'll come to learn is that, deep down, all people genuinely want to give. Therefore, when you ask for something from a place of authenticity and grace, your request will be met with mutual respect.

Accept that asking may feel uncomfortable at first

You've likely spent a lot of time unwilling to ask for what you want, so testing out new behaviour will feel strange. Remember that the strangeness is a good sign. Regardless of how uncomfortable you feel, take this powerful action in the right direction and step outside your comfort zone.

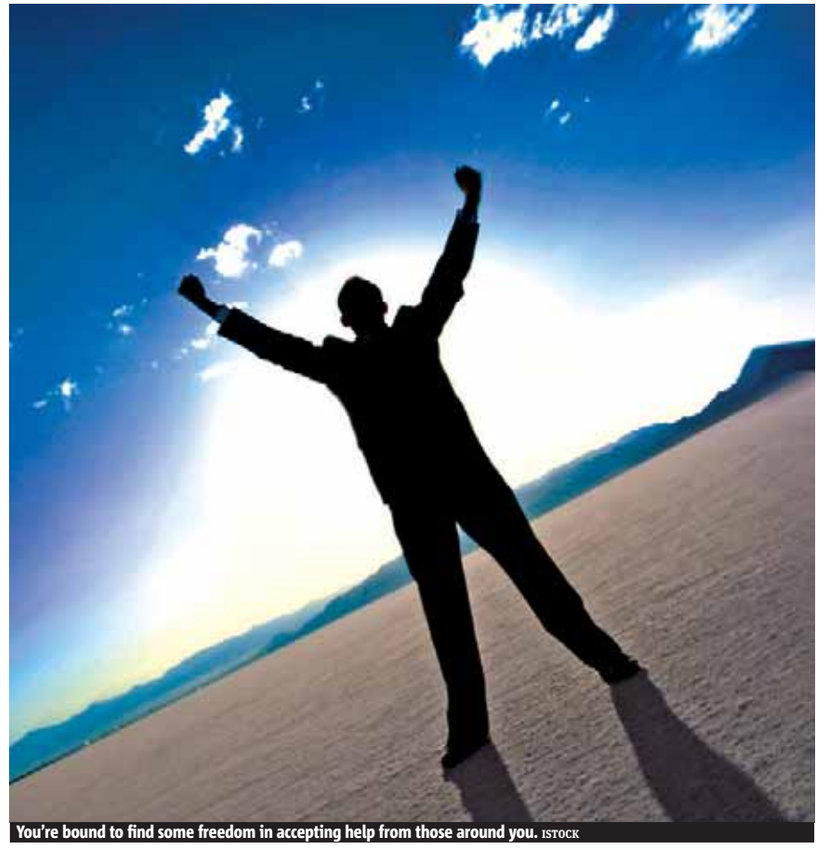
Get clear about what you're asking for

Make sure you're clear about what you want. When you're clear about what you're asking for, your energy is committed to the request. If you're unclear, your energy wavers, which makes it more difficult to really get behind your request. It's also really important to back up your request with positive intentions.

Just ask!

The moment you notice yourself avoiding the chance to ask for what you want, move swiftly past your fear and just ask.

- Though you may be scared, this simple act of asking can change your life in an instant. You'll come to know a new sense of self-respect that will give others the freedom to respect you back.



You're bound to find some freedom in accepting help from those around you. ISTOCK

BOSTON PIZZA QUEENSWAY
JOB FAIR!!!! (Etobicoke, ON)
We are proud to announce that we will be hosting our first job fair at Soccer City, 5429 Eglinton Ave. West in Etobicoke!!
Full and Part Time positions available; including managers, bartenders, servers, hosts, kitchen staff, dishwashers and delivery drivers.
If you are a motivated and energetic individual looking for a fun working atmosphere in a fast-paced environment, we would love to see you this March!
March 15 - 5pm-9pm
March 16 - 10am-6pm
March 17 - 10am-4pm

A Career in Supporting People with Developmental Disabilities
The DDC Program (4 Months Certificate Program) prepares you for employment opportunities in the field of Developmental Disabilities:
- Study in 29 Topics & Government Required Certificates
- Work Experience through Pre-arranged Placement
- Guaranteed Job Interview & High Employment Rate

Reena
www.reena.org/ddc.html
905-889-2690 ext. 2048
A joint Reena and George Brown College program in partnership with Kerry's Place Autism Services and Montage Support Services

Be Job Ready in 5-12 Months!
• Financial Assistance May be Available to Those Who Qualify!
• Second Career Training Funding
The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.
FREE English & French In-Class Tutoring

Health Care
- Personal Support Worker*
- Community Service & Support Worker*
- Medical Office Assistant*
- CPR & First Aid
*with Internship

Law & Legal
- Paralegal with Internship NEW! (Class starts in 2 weeks)
- Law Clerk with Internship
- Legal Office Assistant
- Police Foundations

IT & Home Inspection
- Network Administrator
- PC Support Specialist
- Computer Service Technician
- Web Designer
- Home Inspection Diploma
- Home Inspection Certificate

Accounting & Business
- Accounting and Payroll
- Business Administration
- Project Administrator
- Conference and Event Planner
- Administrative Assistant

We Speak Your Language — Career Consultation Provided In: English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română русский & فارسی
Academy OF LEARNING Career and Business College
Simply a BETTER Way to Learn!
416-840-3376
416-969-8845
WWW.AOLTORONTO.COM
DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9

Planning • Marketing • Promotion • Design • Logistics • Site Management
Event & Venue Management
Apply now!
Spring Term starts on March 18th 2013
Summer Term starts on June 17th 2013
INSTITUT TREBAS INSTITUTE
Fall, Winter, Spring, Summer start-ups!
2340 Dundas St. W., 2nd floor, Toronto, Ontario
Phone 416 966-3066 or visit trebas.com

VISIT clubmetro.com TO ENTER

WIN 1 OF 5 $500

SHOP.CA SHOPPING SPREES
SIGN-UP FOR YOUR CHANCE TO WIN

SHOP HAPPY at Canada's biggest store, with millions of products and thousands of brands. Get everything you need from 26 categories like home appliances, furniture, electronics, clothing, shoes, travel and MORE!

VISIT CLUBMETRO.COM TO ENTER

SHOP • CA™

SHOP & EARN, EVERY TIME!™

WWW.SHOP.CA

Shop Happy Canada! | Free Shipping on millions of products | Free Returns 365 days a year | No Duty or Tariffs

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of Eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Five (5) $500 bonus rewards prizes are available to be won. Contest closes March 21st, 2013 at 11:59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Don't underestimate the power of not making a peep. ISTOCK

Don't shy away from hiring the introverted

The bold and the bashful. Believe it or not, the quiet can have a career world edge

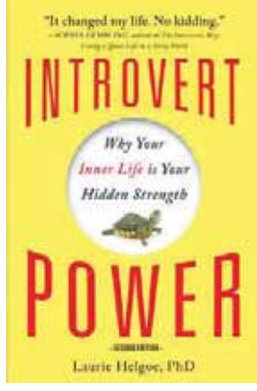
BRUCE WALSH
Metro World News

With her 2008 book — Introvert Power: Why Your Inner Life is Your Hidden Strength — Dr. Laurie Helgoe celebrated introverts and their power to develop rich, complex inner lives. But in today's hyper-friendly, team-centric workplace, introverts often find their natural inclinations less than encouraged.

A new edition of Introvert Power was recently released, with analysis of the latest studies on the psychology of inward-looking personalities. We asked Dr. Helgoe to tell us about the her findings.

Is the North American workplace geared toward extroverts?

Today's work culture tends to be extrovert-centric. There is an emphasis on processing things as teams. Brainstorming, which is a very extroverted process — thinking aloud about ideas — is a disconnect for someone who likes to form ideas privately.



How can introversion be used to your advantage?

Being honest is a good start. Sometimes introverts feel pressure to act extroverted, pretend they like social events and the high level of social stimulation. But when they finally say they need some quiet to get work done, people respect that. At some point the work has to get done, and introverts have an advantage in tolerating the solitude that is often required for that.

What leadership style best suits an introvert?

There was a groundbreaking study a couple years ago that found that introverts lead more productive teams when they're supervising proactive people. They were able to encourage the good ideas from their employees. Introvert leaders require less attention, so they're more willing to let the attention spread out.

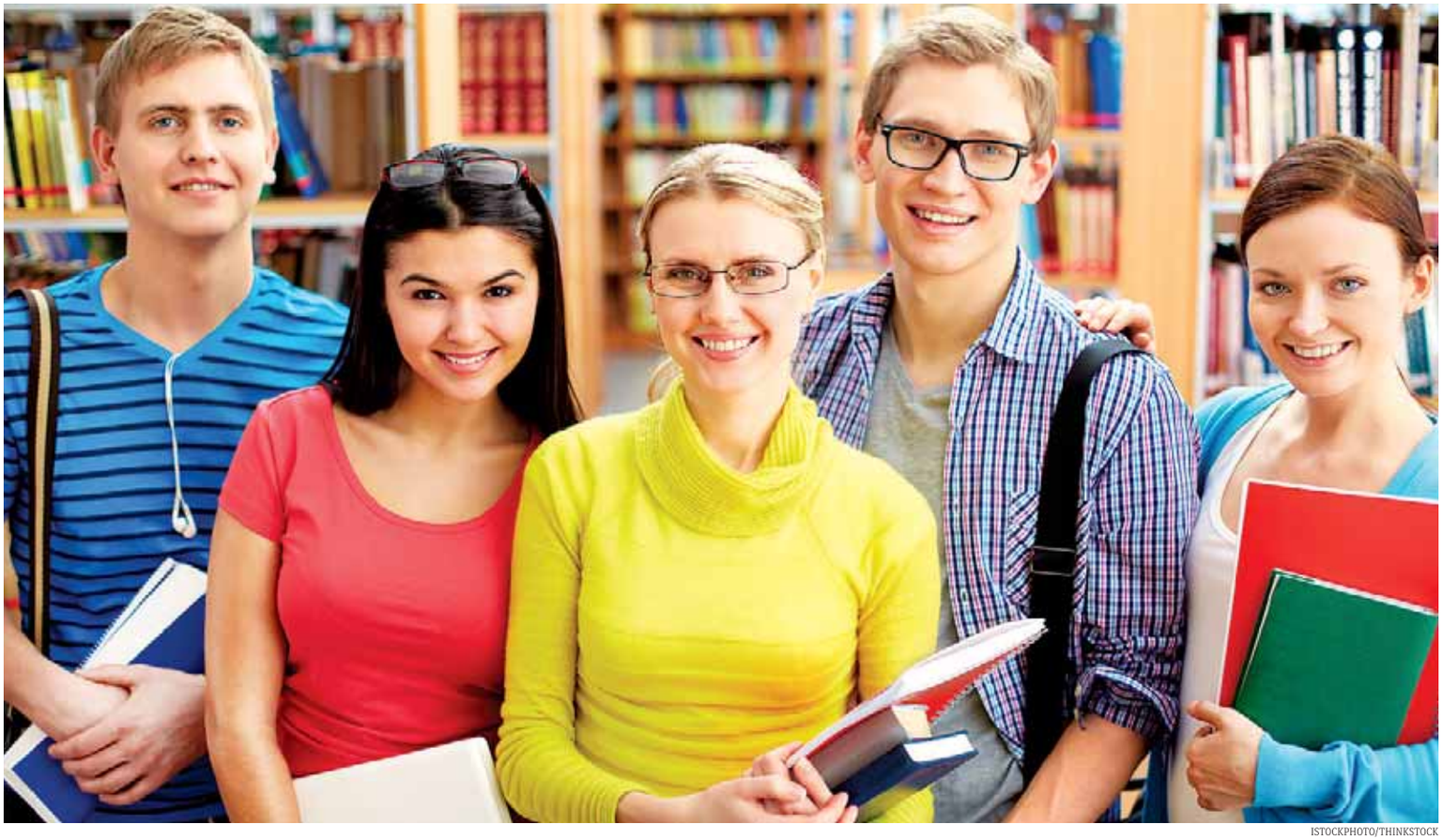
How should managers reward their introverted employees?

Don't throw them a party. A gift certificate for a massage is always lovely.

Silent success

"At some point the work has to get done, and introverts have an advantage in tolerating the solitude that is often required for that."

Dr. Laurie Helgoe
Introvert Power



ISTOCKPHOTO/THINKSTOCK

YOUR ANSWERS FOR EXAM PREP

It's almost that time of year that all students dread — exam time. The time of year where students go into hiding, cramming and stressing for those final exams that are just around the corner.

Take the pressure off this year and prepare for those exams and final projects a bit earlier and save yourself the headache.

The first and most important tip for preparing for an exam, or even exam season, is to make sure you get plenty of rest. If students are not resting properly, they lose the ability to focus on the task at hand.

There is nothing worse than going over material a thousand times, but not being able to fully take it in because you are too tired to comprehend it. A shorter amount of study time where you are completely focused is always better than double that time where you are only partially focused.

Next, start preparing early. Don't leave the exam preparation to the last minute.

By reviewing course material right after the class or at the end of each day, you may be able to retain the information better.

Third, set realistic study goals.

By breaking up course materials into smaller study sections, getting through the material will seem more achievable and less likely to cause you exam stress.

Next, get comfortable. Find an environment where you are free of distraction and can work comfortably.

Also, get some exercise. Getting out of the house or place of study and getting some form of exercise will help refocus your energy for when you get back to the books. Exercise may also help you feel more tired at the end of the day and may lead to a better sleep.

Finally, take good care of yourself. With proper rest, exercise and also diet, avoid illness or stress-related issues by making sure you are in your best mental and physical state when entering into exam season.

– Candice Ward

Motivated.

Like you. | Pursuing an education is about pushing boundaries, achieving personal academic goals and going beyond your expectations. And with hundreds of online courses to choose from, **Athabasca University** can help take you and your education to a whole new level. Learn more at **explore.athabascau.ca**.

Athabasca University

GET COOKING AT CENTENNIAL

Bal Arneson is a bestselling cookbook author, a Food Network star, and has served as a judge on Iron Chef America. She has seen — and cooked in — some of the best kitchens in the world. But none of them, she says, can beat Centennial College's new Culinary Arts Centre.

"It was like heaven when I walked inside," Arneson says. "Of course, I couldn't wait to start cooking."

Boasting two professional kitchens and a bakeshop lab equipped with a Tandoori oven, wok line, brick-lined pizza oven, and much more, the Culinary Arts Centre impresses even professional chefs. Designed to teach Centennial students the techniques of international cuisine, it will be a landmark facility for them for years to come. You can take advantage of it, too, by enrolling in one of Arneson's upcoming cooking classes.

CENTENNIAL COLLEGE PHOTO

"Teaching is a big part of my cooking career," says Arneson, who has a master's degree in education and continues to teach school part time. "Interacting with people directly, opening their minds to the possibilities of international cuisine, that is very important to me. My goal with these workshops isn't simply to teach students how to cook Indian recipes. I want them to understand the ingredients, the spices, the cooking techniques, so that when they leave my classroom, they'll have the confidence to make these dishes on their own."

Arneson will lead four workshops: Veggie night (March 18); healthy eating (March 19); Bal's favourites (March 20); and festival feast (March 21). As an attendee, you will prepare, and taste, three dishes each night, sampling a variety of Indian herbs and spices as well. Arneson will also talk about her culinary experiences around the world, describing her journey from a small village in the Punjab to television stardom here in Canada and beyond.

CONTRIBUTED

All workshops will take place from 6:30-9:30 p.m. at the Culinary Arts Centre, located at 940 Progress Ave., across from Centennial's Progress campus in Scarborough. You can sign up for as many workshops as you like.

To learn more about the workshops, and Bal Arneson, visit Centennial College's School of Continuing Education website at centennialcollege.ca/parttime.

MONEY MATTERS FOR STUDENTS

ISTOCKPHOTO/THINKSTOCK

Not every 18 year-old, or even more mature student, has a few thousand dollars just laying around.

So when the decision is made to pursue post-secondary education, students are always left with the problem of how to fund their new endeavour.

Sure, rich or smart-planning parents who have saved money for you since you were born always helps, but most students don't have that luxury and are stuck searching for ways to pay for their education on their own.

Thankfully, students in Canada have a number of options when it comes to paying for their education. Aside from using money already saved, there are a number of scholarships, bursaries and grants that are available to students through a number of different sources.

One of the first places to start searching is your school's website. Many institutions have links to scholarships and grants available for their students. It may take some digging around and a few applications to fill out, but these are great ways to chip away at the thousands of dollars for tuition, books and even cost of living.

Part-time jobs are also a great way to supplement your income while in school. A great way to make use of your part-time job is to look for employment in the field where you are studying since it will give you a feel for the industry you are hoping to get into.

Looking for a part-time entry-level job in an organization where you are hoping to work after your post-secondary education is a great way to get your foot in the door and make connections.

Finally, when looking to fund your education, seeking out loans is the most common way to secure funding. Places such as your bank or Canada Students Loans are available to help you with your journey to higher education. *– Candice Ward*

LOANS AND GRANTS

Canada Student Loans can be applied for through its website (hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml). You can also apply for grants, money you won't have to pay back. You may also discover that you are eligible for bursaries you didn't know were available to you.

CENTENNIAL COLLEGE

Connect with Centennial College OPEN HOUSE

Saturday, March 23, 2013

WIN Attend for your chance to **WIN $2,000** towards your tuition.

Begins promptly at 1 pm

centennialcollege.ca/connect

See where experience takes you.

SHERIDAN COLLEGE PHOTOS

A WINNING TRADITION

SHERIDAN'S ATHLETIC THERAPY PROGRAM PROVIDES RESULTS

Sheridan College's bachelor of applied health sciences (athletic therapy) program is the oldest of its kind in Canada. Building on years of experience, its faculty teaches you the fundamentals needed to become an athletic therapist, certified by the Canadian Athletic Therapists Association.

"What we offer here is university-level academic instruction, combined with hands-on training," says Christopher Jackson, program co-ordinator. "All of our instructors are working professionals in the field, able to provide practical advice along with theoretical knowledge. We even have an on-campus clinic where students can apply their skills, under supervision, working on Sheridan students, faculty, and the public.

"Because of this, students leave the program well-prepared for their national certification exam. Their rate of success in that exam, and in their careers afterward, is unusually high."

Graduates of the four-year program find employment in a variety of therapeutic settings, including athletic therapy clinics, corporations, and sports organizations. Their mix of technical knowledge and people skills suits them for many roles.

"This is a program for people equally comfortable working alone or in teams," Jackson says. "As an athletic therapist, you may have to do both. Yes, you'll spend hours working one-on-one with athletes and other active people, but you'll also interact with coaches, other players, and other health-care professionals. Sometimes, treating a patient requires input from a lot of people."

The program's next intake is September. While spaces are still available, competition for them is high. To inquire about enrolment today, contact Christopher Jackson at christopher.jackson2@sheridancollege.ca.

To learn more about the program, visit sheridancollege.ca.

THE SETTING

JUST ONE BENEFIT OF HUMBER'S HOSPITALITY AND TOURISM PROGRAMS.

Considered one of the top five job creators in Canada, the hospitality industry is an exciting and rewarding career path. Humber's graduates will be equipped with specific and transferable skills leading to careers in hotels, restaurants, resorts, destination management organizations and attractions.

Get on board at **humber.ca/hospitality**

ARE YOU A PEOPLE PERSON?

HUMBER COLLEGE MAY HAVE AN OPPORTUNITY FOR YOU

HUMBER COLLEGE PHOTOS

If you want to work with people, Humber College has an opportunity for you. Humber can prepare you for a career in hospitality, with focused programs that combine classroom instruction with practical, on-the-job training. These programs start in September and you can be part of them.

Humber's one-year food and beverage certificate program will teach you the knowledge you need to gain a front-line or supervisory position in a restaurant, hotel, or special event or catering company, among many other hospitality environments. It includes both a seven-week internship with an employer, and a seven-week "internal internship," during which you will work at The Humber Room, Humber's on-campus restaurant, which is open to the public.

The two-year hospitality management — hotel and restaurant diploma program prepares you for a career as a housekeeping supervisor, a supervisor or assistant manager in food and beverage operations, a co-ordinator in human resources, and much more. You will hone your service skills at the Humber Room and study food and drink at the college's culinary and wine and beverage labs. Then you will apply what you have learned during a 14-week internship. More than 70 per cent of student interns end up being hired by their internship employers.

The tourism and hospitality management — event planning program has an internship, too. This two-year diploma program readies you for a future in marketing, sales, guest relations, event management, tour operations, and more.

Enrolment for all three programs is open now. To learn more about them, including opportunities in which to study abroad, visit hospitality.humber.ca.

A great education isn't just about gaining knowledge. It's about being able to apply knowledge in the real world in creative and innovative ways.

At Sheridan, you'll learn to put your knowledge to work to solve problems, generate ideas, and stand out from the crowd in a competitive job market.

Sheridan

Sheridan offers bachelor's degrees, diplomas, certificates, apprenticeships, post-grad programs and extensive continuing education options.

sheridancollege.ca

BRAMPTON | MISSISSAUGA | OAKVILLE

Toronto Maple Leafs goalie James Reimer surrenders a first-period goal to Pittsburgh Penguins forward James Neal on Saturday night at the Air Canada Centre. Reimer wasn't at the top of his game against the Penguins. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Reimer back up after knockdown

NHL. Leafs goaltender taking poor start against Pens in stride

Maple Leafs goalie James Reimer admits he didn't bring his "A" game against the Pittsburgh Penguins.

He struggled early but fortunately got better as the game continued and the Maple Leafs managed to earn a point despite a 5-4 shootout loss on Saturday night.

Quoted

"There are no easy points. If you think there is, it will kick you where the sun doesn't shine."

Leafs coach Randy Carlyle on playing 'a tighter brand of hockey' no matter the opponent

But Reimer says sometimes you have to play poorly to get better and he hopes he'll bounce back on Tuesday against the Winnipeg Jets at the MTS Centre.

"I wasn't happy with what happened on Saturday. But you get more of a drive to succeed," said Reimer, who was in goal on Feb. 3 when the Leafs beat the Jets 3-2 in Manitoba. "You get frustrated but you learn from it. You have to get low to get high. It has to hurt in order for you to get better.

"I was happy to be able to stay in there (against Pittsburgh) and shut the door for most of the rest of the game. We battled hard as a team and me personally, I just tried to hang in there and make one more save and keep trying to give us a chance."

Reimer might get another shot at the Penguins on Thursday when Pittsburgh returns to the Air Canada Centre again but his immediate concern is stopping the Jets, who are returning home after a 2-2-1 road trip. The Leafs remain one of the better road teams at 9-5. TORSTAR NEWS SERVICE

MLS

Earnshaw named player of the week

Robert Earnshaw has been named Major League Soccer's player of the week after his two-goal performance helped Toronto FC end a 15-game winless streak.

The Welsh forward had both of Toronto's goals in a 2-1 win over Sporting Kansas City on Saturday. It was Toronto's first since July 18 when it beat Colorado 2-1.

Earnshaw's first goal against Kansas City came in the third minute, when he intercepted a pass just at the top of the penalty area and scored form 12 yards out.

He scored his second on a penalty in the 20th minute.

Toronto signed Earnshaw earlier this month. He has had an extensive career in England, including time in the Premier League, and has earned 59 caps and scored 16 goals internationally for Wales. THE CANADIAN PRESS

MLB spring training

Tigers' Verlander lacklustre in debut

Jonathon Niese took another step toward earning an opening day start if Johan Santana is not ready, allowing one hit in 4 2/3 innings and leading the New York Mets to an 11-0 win over the Detroit Tigers on Monday.

Tigers ace Justin Verlander had a rocky first outing of spring training, allowing five runs and two homers in 4 1/3 innings. He walked two, hit two batters and balked home a run. THE ASSOCIATED PRESS

Lindt Gold Bunny
SHARE YOUR MOMENTS CONTEST
Enter for your chance to
WIN!
A TRIP FOR 4 TO SWITZERLAND!
— OR —
LINDT CHOCOLATE FOR A YEAR!
Lindt
GOLD BUNNY
Enter today at
Lindt Chocolate Canada
*NO PURCHASE NECESSARY. Facebook account required. Contest Period Jan. 9 to Apr. 2, 2013. Post a photo on Facebook for a chance to win a Trip for 4 to Switzerland for 3 nights (ARV: $12,000). Limit one photo per person per day. Skill testing question required. To enter, and for full Rules & Regulations, visit facebook.com/lindtchocolatecanada.

Anyone's guess how much madness will be dished out

NCAA basketball.
Regular season not a strong indicator of what's to come during March tournament

College basketball fans with fond memories of the wild 2011 NCAA tournament may have forgotten this fact: A mostly tranquil regular season led up to it, with the four top seeds combining for just 13 losses.

Back in 2007, by contrast, the No. 1 seeds had 18 defeats among them. Then the tournament started, and the familiar upsets of March were almost nowhere to be found.

College basketball analyst Clark Kellogg would love to be calling three weeks full of stunners this year. But he knows it's hardly inevitable — despite a season when the top-ranked team never seemed safe.

"I've already told a number of people I hope it plays out the way it did during the regular season, but there are no guarantees," Kellogg said Monday.

A chaotic season can turn into a tame tournament for many reasons.

Matchups are always part of the mystery. Some years, the top seeds find themselves up against a string of opponents they stack up favourably against. Other seasons, they run into a team in an early round whose strengths seem perfectly targeted for their weaknesses.

Kellogg sounded another note of caution about why the regular season instability may not be a predictor of true March Madness: Tournament games are on neutral courts.

"Much of the tumult you see during the regular season happens in conference play on the home court of the underdog," he said.

THE ASSOCIATED PRESS

Gonzaga's Kevin Pangos drives to the hoop against St. Mary's on Jan. 10 in Spokane, Wash. Pangos's Bulldogs are currently ranked No. 1, with the NCAA March Madness tournament looming. THE ASSOCIATED PRESS FILE

Head injuries

Report: Helmets don't prevent concussions

Mouthguards and helmets will prevent a number of sports injuries, particularly in hockey — but a report released Monday says they provide no protection against concussions.

Published in the British Journal of Sports Medicine, the report, born out of the 4th International Conference on Concussion in Sport in Zurich, Switzerland last November says players pose a risk to their own health when relying too heavily on equipment to keep them safe, especially helmets and mouthguards.

Along with players diagnosed with a concussion, players suspected of a head injury should be removed from action for a period of time and amateur and professional leagues should look at ways to address violence, like fighting, to curb potential injuries.

"An important consideration in the use of protective equipment is the concept of risk compensation ... where the use of (this) equipment results in behavioural change, such as the adoption of more dangerous playing techniques," the report reads.

TORSTAR NEWS SERVICE

Correction Notice

The Dodge Dart ad that appeared in the March 1, 2, 6, (as applicable) issue of this newspaper incorrectly stated that the lease offer for the vehicle featured a Purchase Price of $16,995 with $1,599 down payment with a cost of borrowing of $3,141.90 and a total obligation of $14,591.20. The actual lease offer features a Purchase Price of $16,575 with $2,179 down payment with a cost of borrowing of $2,976.20 and a total obligation of $14,608.10. We are sorry for any inconvenience this error may have caused.

Off-season look-ahead

Changes not so imminent in Raptorland

CATHAL KELLY
Special to Metro

When we think of what changes the Raptors will go through this off-season, it's important to think of them the way the guys who'll make those decisions do — corporately.

Raptors GM Bryan Colangelo does not rock boats, he speaks the language the MLSE board prefers: numbing technocratese.

Most importantly, despite the Leafs' Methuselah impression and the warm wind of imminent winning baseball, his losing team is still drawing interest.

That's why Colangelo will be re-upped for his option year. Colangelo needs to consult the board for two reasons: to go over-budget, or to fire the coach. The less face time he enjoys with the suits, the better off he is.

GO TO METRONEWS.CA/VOICES FOR THE REST OF CATHAL KELLY'S COLUMN.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	47	14	.770	—
New York	38	22	.633	81/2
Indiana	39	24	.619	9
Brooklyn	37	27	.578	111/2
Chicago	35	28	.556	13
Boston	34	28	.548	131/2
Atlanta	34	28	.548	131/2
Milwaukee	32	29	.525	15
Toronto	25	39	.391	231/2
Philadelphia	24	39	.381	24
Detroit	23	42	.354	26
Cleveland	21	42	.333	27
Washington	20	41	.328	27
Orlando	18	46	.281	301/2
Charlotte	13	50	.206	35

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	48	15	.762	—
Oklahoma City	47	16	.746	1
L.A. Clippers	45	20	.692	4
Memphis	42	19	.689	5
Denver	42	22	.656	61/2
Golden State	35	29	.547	131/2
Houston	34	30	.531	141/2
L.A. Lakers	33	31	.516	151/2
Utah	32	31	.508	16
Dallas	29	33	.468	181/2
Portland	29	33	.468	181/2
Minnesota	21	39	.350	251/2
Phoenix	22	41	.349	26
New Orleans	22	42	.344	261/2
Sacramento	22	43	.338	27

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
Philadelphia 106 Brooklyn 97
Oklahoma City at San Antonio
Detroit at Utah
Denver at Phoenix
New York at Golden State

Sunday's results
Oklahoma City 91 Boston 79
L.A. Lakers 90 Chicago 81
Toronto 100 Cleveland 96
Miami 105 Indiana 91
Orlando 99 Philadelphia 91
Dallas 100 Minnesota 77
New Orleans 98 Portland 96
Milwaukee 115 Sacramento 113
L.A. Clippers 129 Detroit 97

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	18	8	0	97	76	36
New Jersey	26	12	9	5	65	75	29
NY Rangers	24	13	9	2	63	58	28
NY Islanders	26	11	12	3	77	88	25
Philadelphia	27	12	14	1	75	82	25

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	26	17	5	4	84	66	38
Boston	22	16	3	3	67	48	35
Toronto	26	15	10	1	79	70	31
Ottawa	25	13	8	4	59	51	30
Buffalo	26	9	14	3	67	83	21

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	24	14	9	1	75	69	29
Winnipeg	25	12	11	2	63	74	26
Washington	24	10	13	1	69	72	21
Tampa Bay	25	10	14	1	85	79	21
Florida	26	7	13	6	64	98	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	21	2	3	85	58	45
Detroit	26	12	9	5	68	66	29
St. Louis	25	13	10	2	76	77	28
Nashville	25	10	9	6	54	61	26
Columbus	26	10	12	4	61	72	24

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	24	13	9	2	58	59	28
Vancouver	24	11	7	6	66	67	28
Colorado	24	10	10	4	62	69	24
Edmonton	25	9	11	5	60	76	23
Calgary	23	9	10	4	63	79	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	24	18	3	3	85	62	39
Los Angeles	23	13	8	2	68	59	28
San Jose	24	11	7	6	56	57	28
Phoenix	25	12	10	3	72	72	27
Dallas	24	12	10	2	67	67	26

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Boston at Ottawa
Calgary at Los Angeles

Sunday's results
NY Rangers 4 Washington 1
Columbus 3 Detroit 2 (SO)
Montreal 5 Florida 2
New Jersey 3 Winnipeg 2 (SO)
Edmonton 6 Chicago 5
Pittsburgh 6 NY Islanders 1
Philadelphia 3 Buffalo 2
Colorado 3 San Jose 2 (OT)
Anaheim 4 St. Louis 2
Minnesota 4 Vancouver 2

Tuesday's games
All Times Eastern
NY Rangers at Buffalo, 7 p.m.
Vancouver at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Boston at Pittsburgh, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
Toronto at Winnipeg, 8 p.m.
San Jose at St. Louis, 8 p.m.
Anaheim at Minnesota, 8 p.m.
Nashville at Dallas, 8:30 p.m.
Edmonton at Colorado, 9 p.m.
Los Angeles at Phoenix, 10 p.m.

LACROSSE

NLL

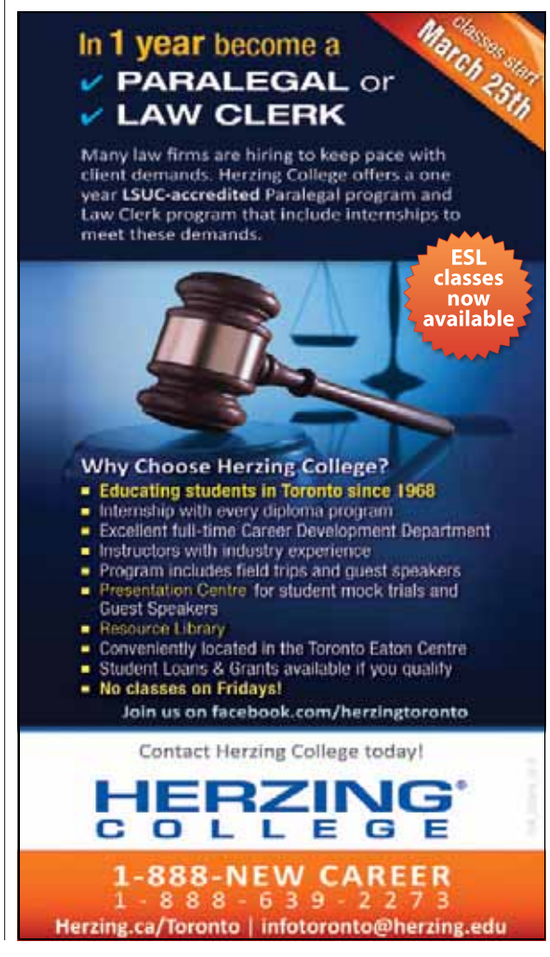
Saturday's games
All Times Eastern
Toronto at Philadelphia, 1 p.m.
Edmonton at Rochester, 7:30 p.m.
Washington at Minnesota, 8 p.m.
Buffalo at Colorado, 9 p.m.

SOCCER

MLS

Saturday's games
All Times Eastern
D.C. United at New York, 12:30 p.m.
Chicago at Kansas City, 3 p.m.
Toronto at Montreal, 4 p.m.
New England at Philadelphia, 5 p.m.
San Jose at Columbus, 5:30 p.m.
Colorado at Real Salt Lake, 6 p.m.
Portland at Seattle, 8 p.m.

Sunday's games
Houston at Dallas, 1 p.m.
Chivas USA at Los Angeles, 5 p.m.


In 1 year become a
PARALEGAL or
LAW CLERK
classes start March 25th
Many law firms are hiring to keep pace with client demands. Herzing College offers a one year LSUC-accredited Paralegal program and Law Clerk program that include internships to meet these demands.
ESL classes now available
Why Choose Herzing College?
Educating students in Toronto since 1968
Internship with every diploma program
Excellent full-time Career Development Department
Instructors with industry experience
Program includes field trips and guest speakers
Presentation Centre for student mock trials and Guest Speakers
Resource Library
Conveniently located in the Toronto Eaton Centre
Student Loans & Grants available if you qualify
No classes on Fridays!
Join us on facebook.com/herzingtoronto
Contact Herzing College today!
HERZING COLLEGE
1-888-NEW CAREER
1-888-639-2273
Herzing.ca/Toronto | infotoronto@herzing.edu

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

For more information visit us online at **www.DavidSklar.com**

STOP COLLECTION CALLS

CALL ERIKA
(LICENSED DEBT EXPERT)

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP WELL

Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest

EMPIREONE CREDIT SOLUTIONS

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
416-900-2324
www.empireonecredit.com

BBB ACCREDITED BUSINESS

SCARBOROUGH 250 Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

DEBT RELIEF

Are you drowning in debts?
Let us help you...

- consolidate debts, low monthly payments
- stop harassing creditors, collection calls and garnishments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709

RUMANEK & CO. LTD.

Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga. Tel: 416-665-DEBT

Need a loan?

LOWEST RATES for bad credit loans in GTA since 1984

Fast Same Day Loans

Personal loans Up to $3000 ➡ (1 yr on job; $16/hr.min.req.)
Car paid off? ➡ Up to $20,000 (6 yrs or newer)
Open loans. ➡ Pay off early. Get refund.

416-634-2013 Prudent Financial Services
PrudentLoanApprovals.com

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11981

Consumer Loans

cln finance™

Quick and Easy approvals
Discharged from bankruptcy or consumer proposal welcome
APPLY TODAY
Tel# 416.494.1144
www.clnfinance.com

$$ BE DEBT FREE $$

Call for your free consultation
416-391-1460
Segal & Partners Inc.
Trustee in Bankruptcy, Proposal Administrators
404 Hwy/Sheppard (Head office)
www.trustee.ca

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

LEGAL

Mazinani Law Offices

Divorce Centre

Experienced Family Lawyers

- Uncontested Divorce *($199 plus court fee)*
- Child Custody and Access
- Child and Spousal Support
- Division of Property
- Motion to Change Orders

Tel: 416-485-8545

6026 Yonge Street (Yonge and Finch)

AUCTION

ONLINE AUCTION

ALL CANADIAN SELF-STORAGE
135 Beechgrove Dr Scarborough Ont M1E 3Z3

The following is a list of persons whose goods are up for Auction.

On Friday 15th Mar 2013
For non-payment on their accounts.

1) **FERNANDO ARIAS**
1689 Victoria Park Ave # 303, Scarborough, Ont. M1R 1R8
2) **JANICE DIQUE**
145 Montrose Ave, Toronto, Ont. M6J 2T6
3) **CLYDE MACGREGOR**
98 Tozer Cres, Ajax, Ont. L1T 5A2
4) **CATHERINE SPURRELL**
3311 Kingston Rd # 411, Scarborough, Ont. M1M 1R1
5) **KAMAL BASSAN**
50 Brookmill Rd, Thornhill, Ont. L4J 6K5
6) **CARLOS CORREIA**
25 NE 158th St, Miami, Florida, 33162-4208, USA
7) **DAVID BUZAGLO**
49 Freemont St, Concord, Ont. L4K 2N2
8) **NATASHA HEWITT**
4457 Lawrence Ave East # 3, Scarborough, Ont. M1E 2T6

According to the Lease by and between the customers listed above and All Canadian Self-Storage and its related parties, assigns and affiliates in Order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, Items will be sold or otherwise Disposed of at this site on dates and at approximate times listed by the Addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers Must provide own lock if needed. Seller reserves the right to overbid. All items Or spaces may not be available on date of sale.

PSYCHIC

World Famous Indian Astrologer Pandit Jagadish

Pandit is specialist in all kinds of Astrology
He solves your all problems
Marriage, Business, Job, Enemy, Family, Children Health, Love, Depression, Vodoo etc.
I CAN HANDLE ANY PROBLEM
Remove Black Magic and Bad Luck in 2 Days and gives immediate protection
All Religious Welcomed
100% Guaranteed
647-532-8224
1290 Finch Ave. W, Unit 23, North York (Keele & Finch)

Pandit: Balram Shastry

Indian Astrologer

- Love
- Marriage & Family Problems
- Health Problems
- Depression
- Husband & Wife Relationship Prob.
- Palm reading * Face Reading
- Date of Birth & Horoscope Reading

He does Poojas for Removing Bad Luck, Black Magic and Gives Protection
416-400-4264
67 A Dundas St W (Dundas & Hurontario)

Mr. IBRAHIM

AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. **416-783-3910**

Pandit: Maha Deva

The Most Powerful Spiritual Healer

Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
$5 Reading
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Judo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection....
647-709-6677
(Markham & Finch)

WORLD REKNOWNED SPIRITUAL ASTROLOGER

Pandit: Rama Swamy

Love, Business, Job, Finance, Health, Court
Sexual Problem, Divorce,
Personal Matters,Curse, Depression Etc
He will Remove & Destroy Bad Luck, all Negativity, Black Magic, Evil and gives Protection
100% Guaranteed Results
647-719-6999
2895 Derry Rd E. (Airport & Derry) & Scarborough

REAL ESTATE

TTQ KIM NGUYEN

SALES REPRESENTATIVE

RE/MAX
West Realty Inc. Brokerage
Independently Owned & Operated

BUY-SELL
RESIDENTIAL & COMMERCIAL
kimnguyenrealestate@gmail.com
Cell: 416-880-6464
Fax: 416-588-3364

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Do something out of the ordinary today, something shocking. With Mars, your ruling planet, moving into your birth sign you don't care who you astonish. You only care that you get noticed.

♉ Taurus
April 21 - May 21
Honesty may not always be the best policy, as you will discover today. If someone asks what you think of something you will tell them, only to find they did not want the truth, they wanted flattery.

♊ Gemini
May 22 - June 21
You need to follow up on an idea. If you don't, you could find that someone else has beaten you to it and you won't be happy. Don't worry that it's not perfect yet, just start.

♋ Cancer
June 22 - July 23
Someone you may not have been on good terms with lately will offer you good advice. Don't be too proud to take it. There is no point in trying to force through changes that are not going to work.

♌ Leo
July 24 - Aug. 23
Whatever you say and whatever you do over the next 24 hours, you must act on the assumption that you are being watched by people in positions of power. Make sure you put on your best front.

♍ Virgo
Aug. 24 - Sept. 23
Social activities will bring a lot of pleasure today and if you don't make any new friends it can only be because your old friends refuse to share you with the rest of the world. It's nice to be popular.

♎ Libra
Sept. 24 - Oct. 23
Just because you can't see the path you should be taking does not mean you should give up. Trust your instincts and let them guide you. They are linked to a higher power that knows what you need.

♏ Scorpio
Oct. 24 - Nov. 22
Try to be constructive in your criticism, even though you may have to look hard to find something positive to say about a colleague who has done something silly.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to get started on something that has fired your imagination but make sure you've done your homework before you commit yourself. It won't only cost you time but money as well.

♑ Capricorn
Dec. 22 - Jan. 20
Don't make too many plans. Conditions are changing fast and you will need to stay flexible if you are going to make the most of approaching upheavals. You have everything to look forward to.

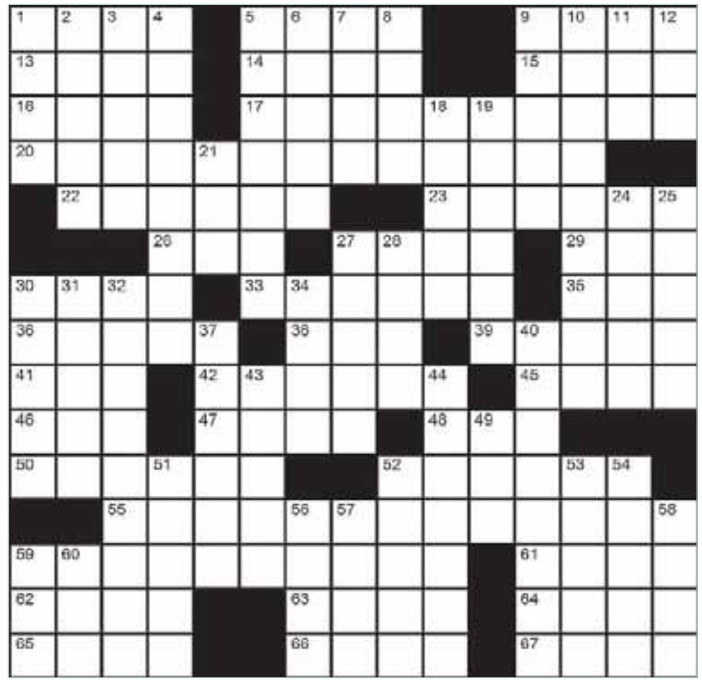
♒ Aquarius
Jan. 21 - Feb. 19
You may have to push yourself to complete certain tasks but it will be an effort worth making. People in positions of authority will be impressed by your sense of duty.

♓ Pisces
Feb. 20 - March 20
If you desire something strongly enough you will find a way to get it, though it may not arrive in quite the way you intended! Be flexible and be ready to receive what the universe wants to give you.

SALLY BROMPTON

Crossword: Canada Across and Down

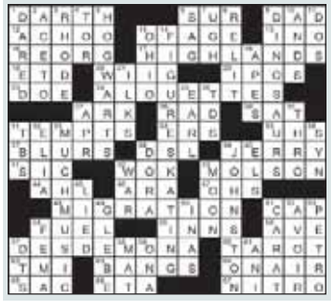
BY KELLY ANN BUCHANAN



Across
1. Hoodwink
5. Taxis
9. Bit of Beatles: "I __ _ film today, oh boy..."
13. Walk worriedly
14. One of Esau's biblical wives
15. "South Park" co-creator Mr. Parker
16. Celebes buffalo
17. Singer/songwriter Alanis
20. "Girl With a Problem" band from Saskatoon, The __ __
22. Prevail
23. __ Beach, South Carolina
26. 'Angel' add-on (Brad's love)
27. Take a seat tiredly, __ down
29. 'Event' suffix
30. "Smooth Operator" singer
33. Sacred place
35. Turkey
36. Some speeds
38. '_' __ for Ottawa
39. Church topper
41. Ms. Zellweger, for short
42. __-__ garage
45. Bellowing
46. "Was that _ __?"
47. Drove
48. Prefix with 'dermis'
50. Guard
52. Buys
55. PEI to New Brunswick link, __ Bridge
59. Acadian heroine in Longfellow's epic poem
61. Corn lily
62. Balmy
63. Fewer
64. Naughts
65. Christian of 'Batman' movies
66. Commotions
67. Liza Minnelli's ex-husband DavidT

Down
1. Traverse
2. Adventurer's watercraft
3. Squirrel's prize
4. Non-vegan fare: 2 wds.
5. Picture takers
6. Love lots
7. Farm building
8. Transport
9. Ranch animal
10. Creator's cocoon: 2 wds.
11. Soaked
12. Sailor's 'yes'
18. Mr. Cowell
19. Communicates via the Internet this way
21. Attila the __
24. Sweets shop, __ Secord
25. Respected person
27. "The __ Is Right"
28. Sister on "The Simpsons"
30. Guitar attachment
31. Rogers __ (Home of the Vancouver Canucks)
32. Telemarketer's foe, National __ List: 3 wds.
34. Thug
37. Powerful
40. At the photocopier
43. Montcalm's 1759 Battle of Quebec opponent
44. Hold back
49. Soup sort
51. La __ (Montreal amusement park)
52. Prefix to 'dyne' (Toothpaste brand)
53. Country music's __ Chicks
54. Dirties
56. 'Cinder' add-on (Fairytale fave)
57. Went out, as a fire
58. Magazine publisher, Conde __
59. Ambassador's abbr. abode
60. Canadian choo-choo company

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		2		5		7	3	
	8	6						
			4					2
9		8	1					
3			9		5			7
					6	8		4
5					9			
						3	2	
	1	9		3		6		5

Yesterday's Sudoku

1	5	2	8	9	3	4	6	7
7	8	9	4	6	5	1	3	2
3	6	4	1	2	7	8	5	9
2	4	5	6	1	9	3	7	8
6	7	8	3	4	2	9	1	5
9	3	1	5	7	8	2	4	6
8	1	7	2	3	6	5	9	4
4	2	6	9	5	1	7	8	3
5	9	3	7	8	4	6	2	1

Today
5°/-4°
Showers
40%

Wednesday
1°/-7°
Flurries
40%

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD

©The Weather Network 2013

St. Stephen's Community House
Employment & Training Centre
NEED A JOB?
We can help.
(416) 531-4631 www.jobhouse.ca
You could win a free April Metropass!
Drop by our centre to enter our weekly draw. The last draw is on March 28th. Draw applies to new registrants only.

FLIGHT CENTRE
Unbeatable
1 877 923 2248
flightcentre.ca
Orlando
Family Special, Air + 7 Nights
$399*
Orlando Continental Plaza
INCLUDES accom near major attractions.
Departs Apr 11/vth/ts. Price per person based on family of 4.

CANADA'S LOWEST PRICE FOR REAL UNLIMITED

Everything you want. Including the price.

KYOCERA RISE

Unlimited talk, text, data and more.

NOW $29

• HURRY, OFFER ENDS SOON •

Trade in your phone from another provider for **EXTRA SAVINGS.**

No credit check.
No contract.
No surprises.

No, really.

EverybodyTalk™

Public MOBILE™

• FIND A STORE NEAR YOU •

1-855-4PUBLIC

PublicMobile.ca

Some conditions apply for trade-in offer. See store for details. $29/mth promotion is applicable for 12 months. Applicable taxes are extra. New activations only. Rates and products subject to change. ™*Public Mobile*, *Everybody Talk*, and the *Public Mobile* logo are trademarks of Public Mobile Inc.